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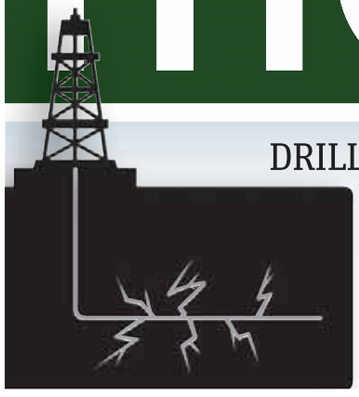

DRILLING INTO DISCORD

DAY 2 OF A 3-PART SERIES: WHY THE PROVINCES ARE PUTTING A HOLD ON FRACKING

PAGES 16 & 17

I was at the, uh, Timothy Horton drug rehab facility

Sightings cast doubt on the mayor's whereabouts PAGE 3

Canada sends surveillance team to find Nigerian girls

Refuses to send gear with 'no strings attached' PAGE 8

Angel spills her Victoria's Secrets

Model Lindsay Ellingson shares her beauty tips PAGE 37

NEWS WORTH SHARING.

Ottawa is creeping you on Facebook

Privacy Act. Watchdog worries feds are using data against you with no regard to accuracy

The government that characterized the long-form census as unduly intrusive is increasingly lifting Canadians' personal information from social media, according to the federal privacy watchdog.

In a letter to Treasury Board President Tony Clement, interim privacy commissioner Chantal Bernier said an "increasing number" of government institutions are collecting from sites like Facebook and Twitter "without any direct relation to a program or activity."

"Should information culled from these sites be used to make administrative decisions about individuals, it is incumbent upon government institutions to ensure the accuracy of this information," Bernier wrote in the February letter obtained by Torstar News Service.

"It is not at all clear that this obligation is being, or could be, met."

Bernier's office flagged government surveillance of social media in a special report to Parliament, but snooping and collecting data are two different things under the Privacy Act.

Justification

"This is all publicly available information. People freely make that choice."

Treasury Board President Tony Clement

The letter notes that while publicly available information can be used by the government, it cannot be collected except for a specific program or activity.

The Privacy Act also requires the government to ensure the accuracy of the information gathered.

Acquisition

It was revealed last week that government agencies asked nine telecom, Internet and social-media companies for user data almost 1.2 million times in 2011.

Bernier's office is calling on the Treasury Board to develop guidelines for the "collection, use and dissemination" of such information.

On Monday, Clement said he was "a bit skeptical" of Bernier's concerns.

"This is all publicly available information. People freely make that choice," Clement said.

As to the problems related to verifying information, Clement said the government takes into account the unreliability of the data.

When asked how the government is using the data, Clement said no concrete examples sprung to mind.

TORSTAR NEWS SERVICE

A WORTHY DEFOE

Toronto FC forward Jermain Defoe battles for a loose ball against Vancouver Whitecaps defender Johnny Leveron during the first leg of their Amway Canadian Championship semifinal at BMO Field on Wednesday. Defoe scored a goal to lead the FC to a 2-1 victory. See story, page 50. NATHAN DENETTE/THE CANADIAN PRESS

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The hunt for Big Ford

Of all the doughnut shops in all the towns in all the world ...
Teen says she saw mayor outside Tim Hortons on Dundas W.

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Grade 11 student Cayla Clarkson says she didn't know Rob Ford was supposed to be in rehab when she spotted him in a Tim Hortons parking lot and tweeted about it — fuelling the storm of speculation about the mayor's whereabouts.

"Rob ford just checked me out I AM DEAD," the 16-year-old tweeted at 8:48 a.m. Tuesday morning.

Clarkson said she saw Ford get out of his car and walk into the doughnut shop on Dundas West wearing a "full black suit" and walk out again wearing a grey sweatsuit.

"He opened the door to the backseat of his car," said Clarkson. "I had my phone out because I was going to take a picture and he looked at me, like he did not seem happy, he didn't seem pleased. So I just put my phone down.

"When he closed his door, he sort of looked at me again, did a once-over, and that's why I walked away," she said. "I just felt a little uncomfortable."

Clarkson identified the suit he was wearing from a photo taken of Ford when he left his home for Chicago last week, before he turned around at the border. The SUV he was driving was "big, it had chrome on it, it looked fancy," she said.

Doug Ford told reporters at city hall Wednesday it was actually him at the Tim Hortons, and he'd stopped by on his way to council to take pictures with people and hand out T-shirts.

"I think he's just trying to cover for his brother. He said he was handing out T-shirts and taking pictures, but I did not see him handing out T-shirts or taking pictures at all. He wasn't interacting with anybody, I didn't seem him talking to anyone," she said.

The media attention that has followed has been a little stressful for her, she said, adding an interview with CP24 made her late for a math test.

"I can't even look at my Twitter right now, it's ridiculous."

A Tim Hortons employee who declined to give her name told Torstar News Service she saw Rob Ford come into the restaurant around 9 a.m. during the morning rush, and that people were approaching him saying, "Mayor, mayor, how are you?" She said he ordered coffee and a sandwich.

All atwitter

"Rob ford just checked me out I AM DEAD."
Cayla Clarkson on Twitter

Ford missing posters like this one were spotted in downtown Toronto and widely posted on Twitter. METRO SCREENGRAB FROM TWITTER

GTA students rally for Nigerian girls

A screengrab from a video of Boko Haram's Abubakar Shekau delivering a speech on Monday. GETTY IMAGES

Manal Ahmed has experienced her own share of social injustice, but it doesn't stop her from campaigning for the rescue of the 200 Nigerian girls snatched from their school by insurgents in April.

On Wednesday, the 13-year-old joined 900 students from across the GTA at a social justice conference to condemn the ruthless act of Boko Haram, an Islamic extremist group, whose name in the local Hausa language translates into "Western education is a sin." Its leader has threatened to sell the girls into slavery.

The Grade 6 to 12 students attending the And Social Justice for All event all pledged to take part in the international "#BringBackOurGirls" social media campaign for the return of the abducted girls.

"We want to use the social media to create awareness. These girls in Nigeria can't be forgotten. We need to let everybody know what happened and try to stop them," said Ahmed, a Grade 8 student at Toronto's Lawrence Heights Middle School.

The April 14 abduction was much discussed at the annual conference at York University, said Summit Heights Public School principal Cindy Closner, who chaired the event.

"Many of the students really grabbed on that issue and felt passionate about it. They want to ensure all children have the opportunity to go to school and learn," said Closner.

Ahmed, whose parents are Muslims from northern Africa, said injustice has no borders.

"This (abduction) has nothing to do with religion. Islam doesn't say, 'Kill people.' It teaches us to respect and treat everyone equally. These abductors are just rebels," said Ahmed, adding that she felt empowered, being surrounded by like-minded peers at the conference.

TORSTAR NEWS SERVICE

More coverage, page 8

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Grits deserved 'penalty box'

Horwath explains.
NDP leader didn't trust Liberals to implement budget

Decision Ontario

NDP Leader Andrea Horwath visits Café Pyrus in Kitchener on a campaign stop Wednesday. TORSTAR NEWS SERVICE

The woman who sparked Ontario's election by rejecting what many observers described as her dream budget formally launched her campaign Wednesday with the aid of a teleprompter, a run at the scandal-plagued Liberal government, and an explanation of why she felt the need to go to the polls.

On the hustings, New Democrat Leader Andrea Horwath said she couldn't trust the governing minority Liberals to implement their budget plan, which called for higher taxes on the wealthy and billions of dollars in spending on public transit and job grants.

"I thought long and hard about the many promises the Liberals are making," Horwath said in a café in Kitchener, Ont., where she used a teleprompter for her stump speech.

"The same government that couldn't fulfil three promises the last year is making more than 70 new promises this year. How can (Premier) Kathleen Wynne build a ship when she hasn't managed to build a raft?"

The Liberals, Horwath said, deserve "some time in the penalty box" after what she called 10 years of scandal.

For months now, Wynne has had to deal with the fallout of a decision made by her predecessor, Dalton McGuinty, ahead of the 2011 election — the cancellation of two gas plants — in what the opposition parties say was a Liberal seat saver plan.

That decision is estimated to have cost as much as $1.1 billion and a police investigation is also currently underway into the deletion of the premier's office emails on the topic.

Wynne pulled the plug on the legislature Friday after Horwath made it clear she would side with the Progressive Conservatives and bring down the minority Liberal government by voting against the budget. THE CANADIAN PRESS

Quoted

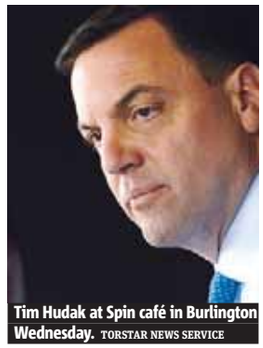
"How can Kathleen Wynne build a ship when she hasn't managed to build a raft?"
NDP Leader Andrea Horwath

It's the economy, stupid: Hudak focuses in on jobs

The Liberals and New Democrats want to turn the campaign for the June 12 election into a popularity contest instead of focusing on jobs, Progressive Conservative Leader Tim Hudak said Wednesday.

As far as Hudak is concerned, jobs are the only real issue of the campaign, but at his first campaign stop of the day at a factory in Mississauga, he was light on details about how the Conservatives plan to lower electricity rates, reduce the debt and create one million jobs.

"I have no doubt this will be a single issue campaign and my thoughts are with the people who don't have a job right now," he said. "I'm with you, but the Liberals and (Leader) Kathleen Wynne, all they're focused on is a half-dozen Liberal MPPs and insiders to get them a job, and quite frankly, they don't deserve it."


Tim Hudak at Spin café in Burlington Wednesday. TORSTAR NEWS SERVICE

Hudak could not avoid questions about his own popularity, however, after Peter Shurman — the former Tory finance critic who quit politics after a dispute with Hudak over expenses — predicted that Wynne will win the election with another Liberal minority.

"The other two leaders, it's clear they're going to run a personality contest," Hudak said when asked about Shurman's prediction. "They're going to promise you all kinds of things each and every day, but they know in their hearts they can't afford them. That's not me. I'm the guy with the turnaround plan to get Ontario working again."

"I think that Tim is fairly robotic," Shurman said in an interview with The Canadian Press. "He's the best I've ever seen at staying on message, and that's to a fault. I look at Kathleen Wynne ... I find she comes across as sincere." THE CANADIAN PRESS

Green 'integrity' machine

Ontario's Green party says it's time to restore honesty, integrity and good public policy to the province's legislature.

Leader Mike Schreiner kicked off his campaign Wednesday saying the province needs a couple of "Green" voices in government.

He says anyone who's kept an eye on Queen's Park knows "what a mess this place is."

An example, he says, are what he calls the political games being played with funding for transit by the three main parties.

Schreiner says he can emulate the example of his federal counterpart Elizabeth May, who he says has received accolades as the first elected Green voice in Ottawa.

The party, which did not have a seat in the legislature, plans to focus on job creation by supporting small businesses, improving education by ending segregated school boards, and protecting vital resources such as farmland and water. THE CANADIAN PRESS

Green Party Leader Mike Schreiner. THE CANADIAN PRESS

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tico.ca

That double-double could be trouble

Mississauga. Mayor McCallion wants to ticket idling cars at drive-thrus

Your morning cup of takeout coffee could get a lot more expensive in Mississauga if Mayor Hazel McCallion has her way.

She wants to see the city's idling bylaw enforced at all drive-thrus to deal with traffic and pollution problems.

"If you went into a lot of those drive-thrus, you could charge a lot of those cars. Drive-thrus are contrary to our idling bylaw. It's completely hypocritical to have an idling bylaw and to allow drive-thrus," McCallion said Wednesday.

McCallion favours an outright ban on drive-thrus, but faces the reality that existing ones were approved under the city's zoning laws.

Quoted

"You'd probably start World War Three with drive-thru businesses."

Coun. George Carlson
on Mayor Hazel McCallion's proposal to enforce the idling bylaw at drive-thrus.

She said she's not going to bring forward a motion to ban them before she retires this fall, after 36 years in office — she already tried that and was shot down by council.

But she wants Mississauga residents to take up the fight, and proposes enforcing the idling bylaw as a first step.

If McCallion gets her way, people waiting for a coffee or burger could face a $150 fine if they're caught idling for more than three minutes.

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Daycare takes ministry to court

President Gerry Jutsun outside the Tiny Town Daycare in Georgetown on Tuesday. Tiny Town, a licensed operation with several locations in the GTA, is suing the Ministry of Education for $26 million, claiming that ministry agents have conspired to disrupt the business with false and unproven allegations related to inspections. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Court. Alleged Twitter harasser was defending himself, claims lawyer

The lawyer for the man accused of criminally harassing three women via Twitter argued his client, Gregory Alan Elliott, was defending himself from online jabs directed at him.

During a cross-examination by defence lawyer Chris Murphy that resumed Wednesday, co-complainant Steph Guthrie told the court Elliott's "voluminous" threatening tweets made her fearful during mid-2012.

Murphy suggested that Guthrie and several others were "talking amongst themselves" about Elliott online and he responded.

"If Mr. Elliott becomes aware of you saying the 'creepy glint in his eye was visible a kilometre away,' in your view, is he allowed to respond to that?" Murphy asked Wednesday during an often-tense cross-examination.

"Oh yeah, and he did. Copiously," Guthrie said.

"It was more the volume and persistence and the fact I had asked him to leave me alone and after I blocked him that caused me to be fearful, less than the content of the tweets themselves."

Elliott and Guthrie met in person in 2012 to discuss Elliott possibly creating some posters for Guthrie's group "Women in TO Politics."

After the first meeting she "got a bad vibe from him" and, after allegedly witnessing Elliott tweeting sexually harassing comments at others on the social-media site, decided to rescind her offer.

She, along with several other Twitter users, publicly confronted Elliott in August 2012, which is when the harassment increased, court heard.

Heather Reilly and Paisley Rae came forward and more charges were laid in January 2013. TORSTAR NEWS SERVICE

Harassment defined

The Criminal Code defines criminal harassment in part as "repeatedly communicating with, either directly or indirectly, the other person or anyone known to them" in a way that causes them to fear for their safety.

Steph Guthrie
TORSTAR NEWS SERVICE

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Northeastern Nigeria.
Extremist Islamic group kills hundreds of people

Islamic militants who have triggered international outrage over the kidnapping of more than 270 Nigerian schoolgirls opened fire on a busy marketplace, killing hundreds in a new spasm of violence in the country's northeast.

The attack escalates Nigeria's growing crisis from a campaign of bombings, massacres and abductions being waged by the Boko Haram terrorist network in its campaign to impose an Islamic state on Africa's most populous nation.

As many as 300 people were killed in the assault late Monday on the town of Gamboru Ngala on Nigeria's border with Cameroon. The extremists opened fire on a marketplace bustling with shoppers, then rampaged through the town for 12 hours, setting houses ablaze and shooting those who tried to escape.

The attack and hundreds of casualties were confirmed by Borno state information commissioner Mohammed Bulama.

Outrage over the missing girls and the government's failure to rescue them brought angry Nigerian protesters into the streets this week.

Boko Haram has tried to root out Western influence by targeting schools, as well as attacking churches, mosques, government buildings and security forces in the country of 170 million, divided between a predominantly Christian south and Muslim north.

THE ASSOCIATED PRESS

Extremist violence

"Now all Nigerians feel they are involved. Civil society is beginning to coalesce over the plight of the kidnapped girls and in opposition to the violence by Boko Haram and to abuses committed by the military."

Elizabeth Donnelly, Nigeria Analyst at the Chatham House

Canada pledges to help find kidnapped girls

'Repugnant act.'
Foreign Affairs Minister John Baird said that the Canadian government will supply Nigeria with surveillance equipment

In the messy world of competing international interests, Foreign Affairs Minister John Baird decided Wednesday that the fate of hundreds of abducted teenage girls in Nigeria would come before all else.

Baird pledged Canada's unwavering support to help free the female students abducted by the Boko Haram rebel group, a tragedy that has now gripped the world.

Canada will supply surveillance equipment to help Nigeria find the girls, even though it has long-standing concerns about the country's human rights record, the Harper government said Wednesday.

Women attend a demonstration Tuesday calling on the government to rescue the kidnapped girls in Abuja, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Baird added that loans of Canadian military hardware to Nigeria would be accompanied by Canadian military personnel to operate it.

"We obviously would have concerns, with Nigeria, with their human rights record and many issues," he said.

Without mentioning it specifically, Baird appeared to be referencing Nigeria's relatively new law that further criminalizes homosexuality. The Same Sex Marriage Prohibition Act criminalizes homosexual clubs and organizations, and carries a maximum 14-year prison term.

On Wednesday, Baird made clear there was no way Canada would agree to Nigeria's original request to turn over "millions" of dollars in military hardware without strings attached.

That said, Canada wants to do everything it can to help rescue the hundreds of girls aged 12 to 15 who were kidnapped by Islamic militants from a school in Nigeria three weeks ago, Baird said.

"I think that is what has captivated the attention of Canadians and frankly people around the world that are just horrified at this repugnant act," said Baird.

Nigeria has been fighting Boko Haram for five years, during which time it has claimed the lives of thousands.

THE CANADIAN PRESS

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Alleged gang-rape victim faces Shariah court-ordered beating

An Indonesian woman who was gang-raped may be caned publicly for violating Islamic law, an official said Wednesday.

The 25-year-old widow said she was raped by eight men who allegedly found her with a married man in her house. The men reportedly beat the man, doused the two with sewage, and then turned them over to Islamic police in conservative Aceh province.

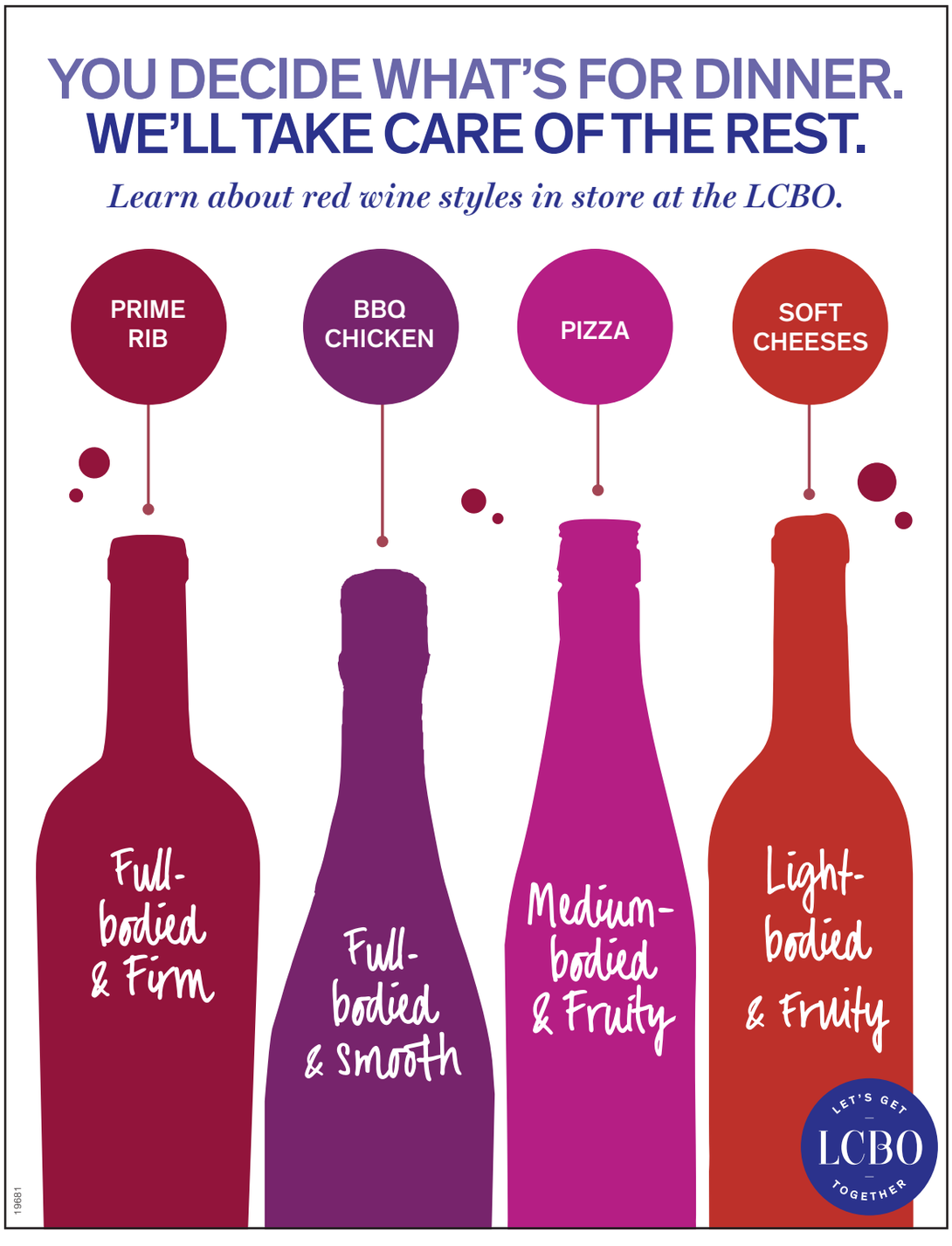
The alleged attack occurred early Thursday in Lhokbani, a village in East Aceh district.

The head of Islamic Shariah law in the district, Ibrahim Latief, said his office has recommended the widow and the married man be caned nine times for violating religious law, pending an investigation. Latief contended they violated Shariah law by being in the same room together. He said they also admitted they had sex earlier.

Indonesia has a policy of secularism but allows Aceh, a predominantly Muslim province on the northern tip of Sumatra, to implement a version of Sharia Islamic law.

Police have arrested three of the eight men and are hunting for the others. The criminal charge of rape carries a maximum penalty of 15 years.

THE ASSOCIATED PRESS



A child plays near the site of Friday's landslide that buried the village of Abi Barik in Badakhshan province, northeastern Afghanistan, Wednesday.

THE ASSOCIATED PRESS

Remote disaster area waits for relief

Abi Barik, Afghanistan. President pledges to help province rebuild following devastating mudslide

Afghan President Hamid Karzai on Wednesday toured the site of last week's horrific landslide in the country's remote northeast, pledging to provide relief to families displaced by the disaster that killed hundreds of people.

Karzai's office said he met the victims in the village of Abi Barik in Badakhshan province, where around 700 families were forced to flee their homes due to the possibility of further landslides and flooding.

During the visit, Karzai spoke with villagers being housed in tents and also promised to rebuild homes for the landslide's survivors.

Aid groups and the government have rushed to the remote province bordering Tajikistan and China with food, shelter and water. But those affected have complained that help has been slow to arrive.

Authorities have yet to provide an exact figure on the number of people killed in the May 2 landslide, and estimates have ranged from 250 to 2,700. Officials say it will be impossible to dig up all the bodies buried deep under a sea of mud.

THE ASSOCIATED PRESS

Providence, R.I.

Fallen acrobats may never walk again

Two women among eight who fell during a circus performance in Rhode Island have spinal cord injuries and time will tell whether they will walk again.

Their neurosurgeon says the two can feel their legs but have only limited movement. It may be a year or two before it's clear whether they'll heal completely and walk again.

Doctors say all of the acrobats will require physical therapy. THE ASSOCIATED PRESS

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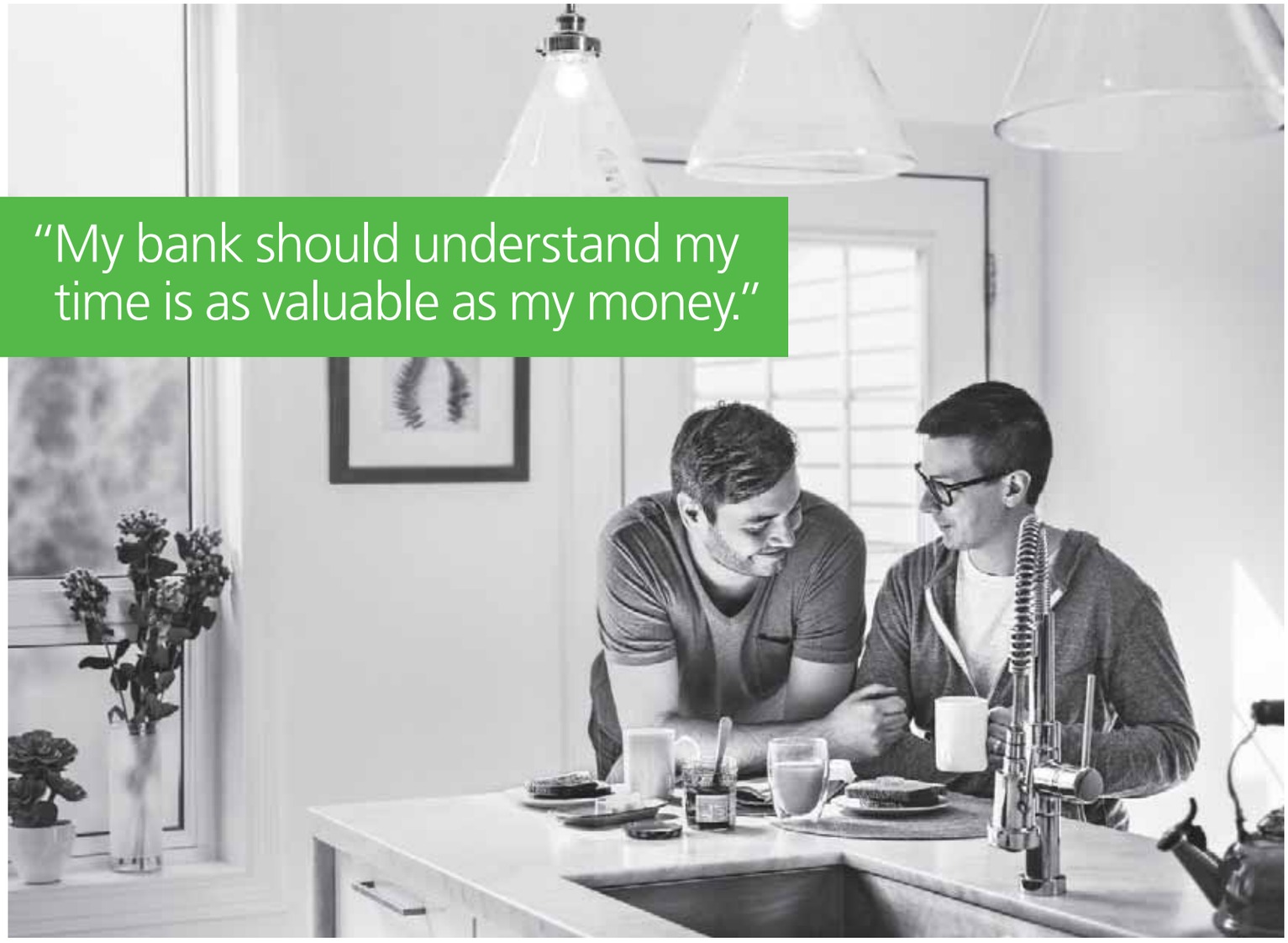

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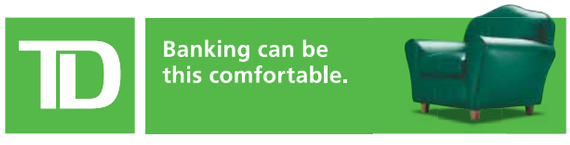

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Coupland's honour is selfie-explanatory

Author Douglas Coupland snaps a selfie as he is made an Officer of the Order of Canada by Governor General David Johnston during a ceremony at Rideau Hall in Ottawa on Wednesday. The selfie was later posted on Coupland's Twitter feed. SEAN KILPATRICK/THE CANADIAN PRESS; INSET: TWITTER

Sailor who deserted post given severe reprimand, $5K fine

'The sentence was very fair.' Lt. Derek de Jong, who says harassment led to his abandoning ship, believes he's been given 'a second chance'

A Royal Canadian Navy officer was given a severe reprimand and a $5,000 fine Wednesday for deserting his post on a supply vessel after alleging he faced harassment and ridicule.

Lt. Derek de Jong told his court martial that prior to deserting on Sept. 17, 2012, he was subjected to deplorable behaviour that included a female colleague urinating in his cabin. HMCS Preserver was docked at Key West, Fla., when he left the ship.

Lt. Derek De Jong speaks after his court martial in Halifax on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

The defence asked for a reprimand and a fine, while a military prosecutor wanted de Jong reprimanded and demoted one rank to sub-lieutenant.

The maximum sentence for desertion under the National Defence Act is life in prison, although in this case the prosecution and defence agreed the maximum sentence was five years because de Jong wasn't considered to be on active duty.

Speaking outside court, de Jong said he felt the sentence was just.

"The sentence was very fair. … In fact I feel the courts were more than fair. I had assumed the penalty would be greater than a severe reprimand and $5,000," he said.

"As the judge said, I'm being given a second chance. I hope I can re-earn the respect of those appointed under me."

Military judge Col. Michael Gibson agreed with prosecution and defence arguments that a prison term would be too harsh.

THE CANADIAN PRESS

International review

Global study to look at Canada's polar bear trade

Environment Minister Leona Aglukkaq says she is confident that a new international review of Canada's trade in polar bear parts will reaffirm this country's conservation of the species.

The Convention on International Trade in Endangered Species will look at the practices of all five polar bear range states, although Canada is the only country that permits commercial trade in polar bears.

THE CANADIAN PRESS

I am your robber

Cops to suspect: I have you now

Vancouver police didn't travel to a galaxy far, far away to arrest Darth Vader.

Sgt. Randy Fincham says police responded Tuesday to a robbery involving a suspect wearing a Vader mask. The victim was unhurt, but her attacker escaped with a small amount of cash.

A 911 call led police to a suspect, who was not far away and still wearing the mask. THE CANADIAN PRESS

Man's best bud. B.C. tops list for marijuana-related insurance claims for pets

It seems our furry friends are living the high life in B.C. — but not in a good way.

B.C. ranks No. 1 in North America for the most pet insurance claims relating to marijuana toxicity, according to new data from pet insurance provider Trupanion.

Over the past two years, Trupanion has paid $22,500 in insurance claims to pet owners in B.C., almost half of the total $54,000 paid across the U.S. and Canada, spokeswoman Britta Gidican told Metro.

California and Washington ranked second and third on the list of 10 regions across North America, while Alberta and Ontario came in fourth and sixth, respectively.

Dr. Kathy Kramer, a veterinarian at the Vancouver Animal Wellness Hospital, said she wasn't surprised to see B.C. top the list.

"Marijuana here is just so prevalent," she said. "You can get it legally, you can get it illegally just about anywhere in the city."

Although medical marijuana use for pets is a growing trend in Vancouver, Kramer said the high rates of pet insurance claims relating to marijuana toxicity in B.C. are usually the result of animals accidentally consuming their owner's marijuana.

THANDI FLETCHER/METRO IN VANCOUVER

B.C. bud from a Vancouver dispensary. METRO FILE

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Putin says troops pulled back, wants referendum postponed

Ukraine crisis. Pro-Russia militants say they will carry out planned vote Sunday

Russia has pulled back its troops from the Ukrainian border, Vladimir Putin told diplomats Wednesday as he urged insurgents in southeast Ukraine to postpone their planned referendum Sunday on autonomy.

In a Moscow meeting with Swiss president Didier Burkhalter, Putin said the Russian troops have been pulled back to their training grounds and locations for "regular exercises," but didn't specify whether those locations were in areas near Ukraine.

Putin also called on Ukraine's military to halt all operations against pro-Russia activists who have seized government buildings and police stations in at least a dozen towns in eastern Ukraine.

Ukraine launched a government offensive late last week to take back buildings and towns under control of the insurgents. At least 35 people, including many rebels, have died in that offensive, the government said.

Many had feared that Sunday's vote on more autonomy would be a flashpoint for further violence between the rebels and Ukrainian troops in the east. Despite Putin's comments, pro-Russia militants said they would still carry out the referendum on Sunday.

THE ASSOCIATED PRESS

A bouquet sits atop the burnt-out shell of a car at a location where clashes between pro-Russia gunmen and the Ukrainian army took place, north of Slovyansk, Ukraine, Wednesday. MANU BRABO/THE ASSOCIATED PRESS

Taking a toll

Sanctions hurting Europe?

Sanctions against Russia are taking a toll in Europe as well, figures showed Wednesday.

Treasury Undersecretary David Cohen, in Paris as part of the Obama administration's push to bolster European support for broader sanctions, acknowledged that the measures are also inflicting pain on companies in the United States and especially Europe, whose banks and energy firms have deep Russian interests.

THE ASSOCIATED PRESS

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	EF 70-200mm f/4L IS USM	~~$1,479.99~~	$380.00†
	EF 70-300mm f/4-5.6 IS USM	~~$649.99~~	$200.00†
	EF 75-300mm f/4-5.6 III USM	~~$279.99~~	$80.00†

Lenses		SRP	SAVE
Standard Zoom	EF 24-70mm f/2.8L II USM	~~$2,499.99~~	$500.00†
	EF 24-70mm f/4L IS USM	~~$1,649.99~~	$400.00†
Ultra-Wide Angle Zoom	EF 16-35mm f/2.8L II USM	~~$1,869.99~~	$370.00†
	EF 17-40mm f/4L USM	~~$979.99~~	$180.00†
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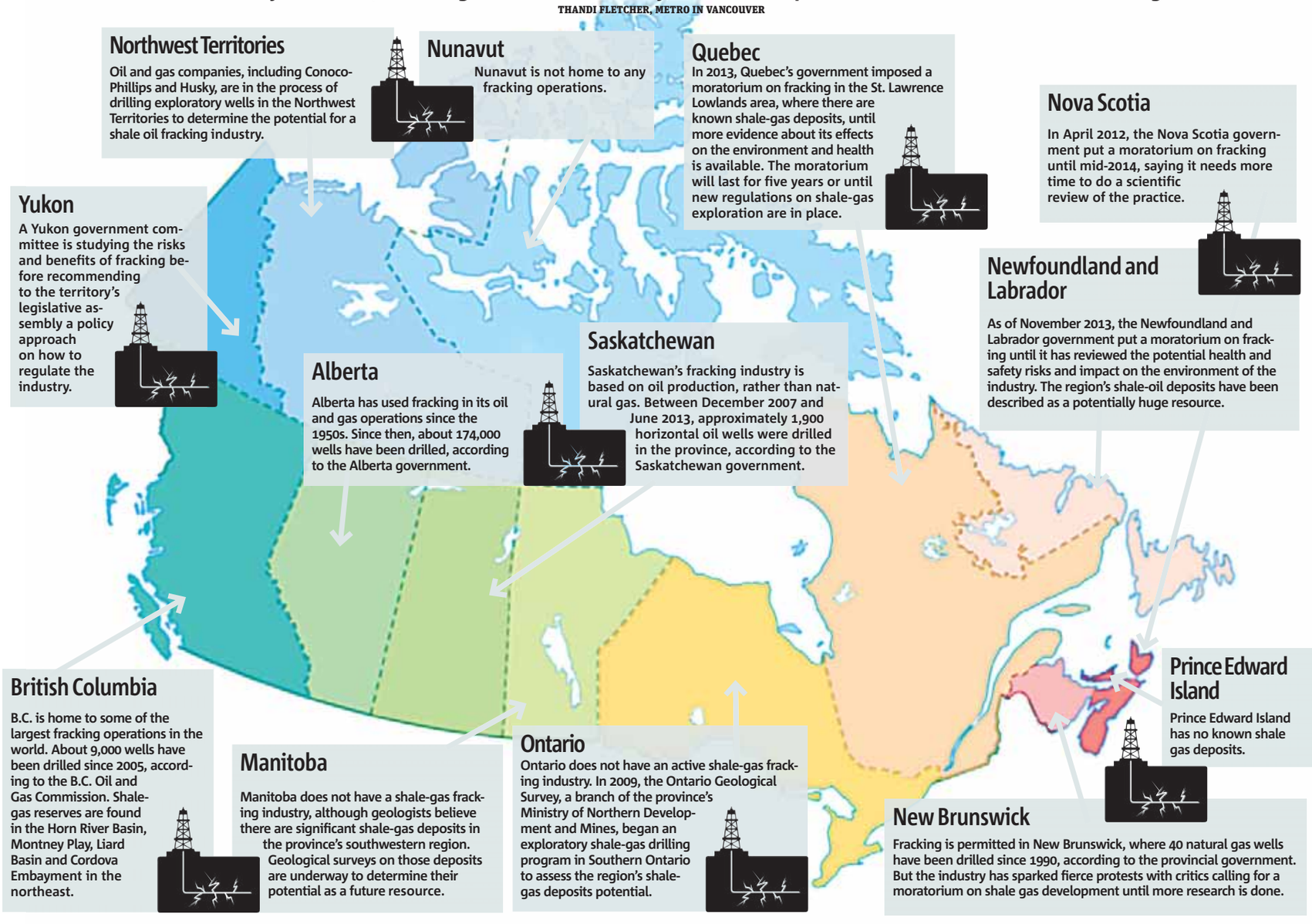
†† Limited time pricing on the EOS Rebel SL1 Bundle, EOS Rebel T5i Bundle and EOS Rebel T3i Bundle from May 8-15, 2014.

Tracking Canadian fracking

Metro's look at the controversial practice of fracking continues with Day 2 of our three-day feature. While it's booming in B.C., other provinces have been more cautious, imposing moratoriums until there's more evidence on its health-and-safety effects. Many countries, including France and Germany, have also imposed bans or moratoriums on fracking.

THANDI FLETCHER, METRO IN VANCOUVER



Northwest Territories
Oil and gas companies, including ConocoPhillips and Husky, are in the process of drilling exploratory wells in the Northwest Territories to determine the potential for a shale oil fracking industry.

Nunavut
Nunavut is not home to any fracking operations.

Quebec
In 2013, Quebec's government imposed a moratorium on fracking in the St. Lawrence Lowlands area, where there are known shale-gas deposits, until more evidence about its effects on the environment and health is available. The moratorium will last for five years or until new regulations on shale-gas exploration are in place.

Nova Scotia
In April 2012, the Nova Scotia government put a moratorium on fracking until mid-2014, saying it needs more time to do a scientific review of the practice.

Yukon
A Yukon government committee is studying the risks and benefits of fracking before recommending to the territory's legislative assembly a policy approach on how to regulate the industry.

Newfoundland and Labrador
As of November 2013, the Newfoundland and Labrador government put a moratorium on fracking until it has reviewed the potential health and safety risks and impact on the environment of the industry. The region's shale-oil deposits have been described as a potentially huge resource.

Alberta
Alberta has used fracking in its oil and gas operations since the 1950s. Since then, about 174,000 wells have been drilled, according to the Alberta government.

Saskatchewan
Saskatchewan's fracking industry is based on oil production, rather than natural gas. Between December 2007 and June 2013, approximately 1,900 horizontal oil wells were drilled in the province, according to the Saskatchewan government.

British Columbia
B.C. is home to some of the largest fracking operations in the world. About 9,000 wells have been drilled since 2005, according to the B.C. Oil and Gas Commission. Shale-gas reserves are found in the Horn River Basin, Montney Play, Liard Basin and Cordova Embayment in the northeast.

Manitoba
Manitoba does not have a shale-gas fracking industry, although geologists believe there are significant shale-gas deposits in the province's southwestern region. Geological surveys on those deposits are underway to determine their potential as a future resource.

Ontario
Ontario does not have an active shale-gas fracking industry. In 2009, the Ontario Geological Survey, a branch of the province's Ministry of Northern Development and Mines, began an exploratory shale-gas drilling program in Southern Ontario to assess the region's shale-gas deposits potential.

Prince Edward Island
Prince Edward Island has no known shale gas deposits.

New Brunswick
Fracking is permitted in New Brunswick, where 40 natural gas wells have been drilled since 1990, according to the provincial government. But the industry has sparked fierce protests with critics calling for a moratorium on shale gas development until more research is done.

The industry

Concerns and safety

After nearly a decade on the inside of what was once B.C.'s largest natural gas company, Robert Falls is well aware of some people's wariness of the oil and gas industry.

"It's very much in our nature to characterize them as arrogant or uncaring or evil," he said. "If you're Joe Public and you're looking at that industry, it's huge, it's powerful, it's ... intimidating."

But, in his experience, that assessment is simply not fair. Energy companies are concerned about the environment, and the health and safety of people living near oil and gas operation sites, he said. It's in their best interests to make it a priority or they wouldn't be able to keep operating, he said.

But, Falls said, despite the industry's best efforts to reduce the risk of disaster, things can and do go wrong. He believes energy companies need to do a better job of mitigating that risk and listening to the public's concerns.

A Green Light for Safety

During his tenure in the 1990s as manager of the environment division of Westcoast Energy, now operating as Spectra, Falls said his team had the green light to do "whatever had to be done" to safeguard the health and safety of people in the communities in which they operated.

"I don't think people realize how much time, effort and money is spent on managing environmental, health and safety issues," he said.

That sentiment is echoed by industry leaders, who claim the health and safety of residents living near fracking sites is a top concern.

Andy Calitz, chief executive officer for LNG Canada, the entity behind a proposed liquefied natural gas project in the northwestern B.C. town of Kitimat, said energy companies are constantly studying fracking and its impact on water and air quality.

The environment

"Are there concerns? Yes, we are at all times sensitive to our environmental impact."

Andy Calitz, chief executive officer for LNG Canada

"Are there concerns? Yes, we are at all times very sensitive to our environmental impact," he said. "It is high on our agenda."

Geoff Morrison, manager of B.C. operations for the Canadian Association of Petroleum Producers, said the organization is trying to do a better job of assuring the public about the industry's practices.

"We recognize there is a broad concern about an

Tricks of the gas trade

Fracking 101. Northern Lights College in B.C. teaches students the ins and outs of working the fields — and staying safe

EMILY JACKSON
Metro in Vancouver

Stacy Smith is the dean of a program at Northern Lights College that trains field operators and power engineers. MATT KIELTYKA/METRO

The best time to frack is in the dead of winter.

Temperatures drop to -45 C, but to drill to gas trapped in shale in Northeastern British Columbia's Montney Play, rigs must be set up when the region's swampy muskeg is frozen so they don't sink.

Some city dwellers have perceptions that natural gas is a fast way to riches. Who can blame them? With the government promising billions in royalties from extracting gas and shipping it to yet-to-be-built liquefied natural gas (LNG) plants on the coast and then to Asia.

But that simply isn't the case.

"It's not a quick buck," explains Stacy Smith, program chair of trades at the Northern Lights College, during a tour of the simulated wellsite at the Fort St. John campus. Smith is the dean of a program that trains field operators and power engineers to drill, operate and monitor wells. Safety is his top goal.

"A huge amount of time and skill goes into making sure the gas is safe to move and use for everybody — it is not a simple process."

Yet it's the process that will power B.C.'s push for LNG plants. For every billion spent on the LNG facilities, $3.86 billion will be spent upstream, according to Fort St. John, B.C., mayor Lori Ackerman.

Not much is known about the long-term effects of fracking, a technology that dates back to the 1950s but exploded in use since 2000. But concerns are mounting about chemicals seeping into groundwater, methane escaping into the air, seismic activity and flaring of sour gas.

What they learn

Natural gas is one of the cleanest burning fossil fuels, but it's tough to get to, Smith says as he walks through the facility where, annually, 48 students train.

It requires a massive amount of energy. Once a well is drilled deep enough and sealed with concrete to prevent ground water contamination, water, sand and chemicals are pumped down to horizontally fracture the land and release the shale gas.

The gas bubbles up to a wellhead with pressure monitors and an emergency shut down valve. It can be "pretty nasty" when it comes out of the ground — if it contains hydrogen sulphide, it can kill. It can't be cleaned up. Instead, it's burned off in a process known as flaring.

Students learn to remove the hydrogen sulphide and to dehumidify the gas. After these processes, the product is mostly methane and ready to sell.

Why we frack

"It's the nature of the beast, it's the only way to access the shale gas," Smith says.

Some regions, including Quebec, have banned fracking.

"They don't want to take the chance, I think, to have the contamination potentially happen," he said.

But it's riskier in places with shallow shale formations, also known as plays. B.C.'s plays are deep — between 1,700 and 4,000 metres below the surface — compared to Quebec's (500 to 3,300 metres deep), according to the National Energy Board.

There are strict regulations around sealing wells to ensure chemicals don't leak into the ground water.

"The people that are up here, they're just like me and you. They're family people, they have kids, they don't want to see their water contaminated."

What can go wrong

"It's like anything that can go wrong," Smith said, especially operations involving massive machinery with moving parts.

Sometimes it's circumstances, sometimes there's a flaw that's missed, sometimes it's human error.

Technology improves safety, he says, pointing to emergency shut down valves that close automatically or electric monitors that alert a production facility immediately if something is wrong.

"As much as it kind of runs smoothly, there's always glitches that happen all the time, so somebody has to be there to fix them," he said. "Things break."

On opportunities

There's a two-year waitlist to get into the program, where graduates can expect starting salaries of $65,000 a year plus a healthy dose of overtime.

Even though job prospects are good, a lot hinges on the expected demand from the LNG plants.

"Everybody's sort of in this holding pattern, you know, kind of waiting," he said.

industrial process people aren't familiar (with) or is new to them," he said.

"Things Do Go Awry"

Still, Falls said the industry is not perfect. During his seven years at Westcoast Energy, Falls recalls one pipeline rupture — a sour gas leak near Fort Nelson, B.C. Fortunately, it was "very small," he said, and was quickly brought under control.

But the incident still underscores the risks associated with the industry, he said. "It doesn't matter how many studies have been done or how thoroughly they have been undertaken," he said. "Things do go awry."

"It's Not Going to Go Away"

Falls encouraged residents of communities where fracking is taking place to "ask the hard questions" to companies about emergency preparedness plans. But the industry also needs to do a better job at listening to community concerns, he said.

That's more important than ever, he said, as demand for fossil energy continues to rise. Even if there were to be strong public pushback against gas development in B.C., "that wouldn't change what the world is going to do," he said.

"If we don't supply it, somebody else is going to supply. We have to get better and we have to continuously improve because it's not going away."

THANDI FLETCHER/METRO IN VANCOUVER, WITH FILES FROM CAM TUCKER

MORE IN OUR FRACKING SERIES

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Photo and map.** Stacy Smith takes us on a tour.

In pictures

1 Covering up. What's a wellhead?

Heavy-duty wellheads are placed atop holes after drilling is complete. The blue attachment on the right is an emergency shutdown valve that cuts off the gas supply in case of a fault in the system. ALL PHOTOS MATT KIELTYKA/METRO

2 Expensive operation. Rigs

This $6-million rig uses a kelly drive to bore into the earth and get to the shale gas. It used to be operational, but companies donated it to the Northern Lights College wellsite training facility.

3 Getting it out. Jacks that pump

A pump jack helps move oil out of the ground if there's not enough pressure for it to flow naturally.

4 Fine balance. Reading wellheads

Field operators measure pressure readings on wellheads to ensure it isn't too high (could indicate a potential explosion) or too low, which means the gas won't move through the pipelines.

5 The final step. Removing the deadly stuff

Once gas comes out of the ground, it must go through a variety of buildings and pipes to remove any deadly hydrogen sulphide and to be dehumidified.

Vanity plates free speech, U.S. court rules

New Hampshire. Lawyers argued COPSLIE plate is a viewpoint that should not be regulated by the government

If a New Hampshire man thinks cops lie, he's free to say so on his licence plate, the state's highest court ruled Wednesday.

In a unanimous decision, the state Supreme Court agreed with the arguments of David Montenegro, who wanted the vanity plate reading "COPSLIE" to protest what he calls government corruption.

State law prohibits vanity plates that "a reasonable person would find offensive to good taste." But the New Hampshire Civil Liberties Union argued that the law is unconstitutionally vague and gives too much discretion to a person behind a Department of Motor Vehicles counter.

New Hampshire had argued that state workers were right to deny the plate, because the phrase disparages an entire class of people — police officers. The justices said that state law does not define the phrase "offensive to good taste."

"The restriction grants DMV officials the power to deny a proposed vanity registration plate because it offends particular officials' subjective idea of what is 'good taste,'" the court wrote. The decision states the law is unconstitutionally vague and violates free speech rights.

"So if a person at DMV agrees with the sentiment, he gets the plate?" Chief Justice Linda Dalianis asked during spirited arguments in November about whether a plate reading "COPS R GR8" would be approved.

THE ASSOCIATED PRESS

What's in a name?

David Montenegro — who in 2012 legally changed his name to "human" — said he thought police officers who might pull him over and have to type "COPSLIE" into their computers would amount to "the perfect situational irony."

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Pistol-packin' papa

Gun rights advocates Nicolas Crawford, packing a gun on his hip and his son Judah in his arms, and fellow Nebraskan Caleb Kalisch, left, discuss "conceal and carry" and "open carry" gun rights with a small group of supporters Tuesday at a restaurant in Ashland, Neb.

GWYNETH ROBERTS-LINCOLN JOURNAL STAR/THE ASSOCIATED PRESS

Since the Big Bang. New simulation best map yet to evolution of universe

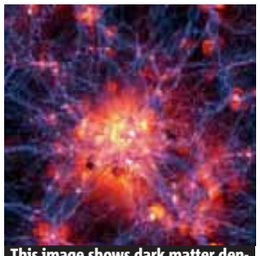
Scientists have come up with the best computer model yet of the universe.

This new virtual cosmos created by U.S., German and English researchers includes details never before achieved in a simulation. Called Illustris, the numerical-based model covers the 13 billion-year evolution of the universe beginning just 12 million years after the Big Bang, or creation. And it accurately depicts the distribution and composition of various types of galaxies.

Illustris was developed by a team led by astrophysicist Mark Vogelsberger of Massachusetts Institute of Technology. It's described in Thursday's issue of the journal Nature.

The Illustris creators say it represents "a significant step forward in modelling galaxy formation." They attribute their success to advanced computer power.

THE ASSOCIATED PRESS



This image shows dark matter density overlaid with the gas velocity field in a simulation of the evolution of the universe since the Big Bang. COURTESY ILLUSTRIS COLLABORATION /THE ASSOCIATED PRESS

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Escape Titanium model shown

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OFFERS EXCLUDE TAXES.

DOWN	BI-WEEKLY
$0	$149**
$750	$144**
$1,500	$140**

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Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers include freight and air tax but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. **Until June 30 2014, receive 0.99% APR purchase financing on new 2014 [Fiesta S Hatch/ Focus S/ Fusion S/ Escape S] models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2014 Ford [Fiesta S Hatch/ Focus S/ Fusion S/ Escape S] for $13,198/ $14,948/$22,818/$25,178 (after $0 down payment or equivalent trade-in, and $2,500/$2,500/$500/$750 Manufacturer Rebate deducted) purchased financed at 0.99%/0.99%/2.99%/1.99% APR for 84 months, monthly payment is $163/$185/$302/$322 (the sum of twelve (12) monthly payments divided by 26 periods) gives payee a bi-weekly payment of $71/$81/$139/$149, interest cost of borrowing is $4,570/$5,331/$2,506/$1,819 or APR of 0.99%/0.99%/2.99%/1.99% and total to be repaid is $13,650/$15,470/$25,208/$27,118. Same 2014 Fiesta S Hatch/ Focus S/ Fusions S/ Escape S FWD example scenario with $750 down: monthly payment is $154/$176/$292/$314 (the sum of twelve (12) monthly payments divided by 26 periods) gives payee a bi-weekly payment of $71/$81/$135/$145), interest cost of borrowing is $443/$505/$2,422/$2,195 or APR of 0.99%/0.99%/2.99%/ 1.99%, and total to be repaid is $12,922/ $14,742/$24,570/$26,390. Same 2014 Fiesta S Hatch/Focus S/ Fusions S/ Escape S FWD example scenario with $1,500 down: monthly payment is $145/$166/$282/$304 (the sum of twelve (12) monthly payments divided by 26 periods) gives payee a bi-weekly payment of $67/ $77/ $130/$140), interest cost of borrowing is $417/$479/$2,341/$2,127 or APR of 0.99%/0.99%/2.99%/ 1.99%, and total to be repaid is $12,194/ $14,014/ $23,660/$25,480. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^Offer only valid from May 1, 2014 to June 30, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before April 30, 2014. Receive $500 towards the purchase or lease of a new 2014/2015 Ford Fiesta (excluding S), Focus (excluding S and BEV), C-MAX, and $1,000 towards all other Ford models (excluding Raptor, GT500, Mustang Boss 302, and Medium Truck) each an "Eligible Vehicle"). Limit one (1) offer per Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before offer is deducted. Dealer may sell or lease for less. Limited time offer. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFP). ~Estimated fuel consumption ratings for the 2014 Fiesta 1.6L I4 5-Speed Manual or 6-Speed Automatic, 2014 Focus 2.0L I4 5-Speed Manual, 2014 Fusion FWD 2.5L 6-Speed SST, 2014 Escape 2.0L GTDI I4 6-Speed Automatic. Models shown: 2014 Fiesta ST 1.6L GTDI I4 6-Speed Manual: 7.6 L/100km City and 5.6 L/100km Hwy; Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. •Based on year-end 2010, 2011, 2012 and 2013 total sales figures for light vehicles in Canada from Desrosiers Automotive Consultants Inc. (and Canadian Vehicle Manufacturers' Association data exchanged by OEMs). †Based on 2007 – 2013 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility and Small Utility segments. ‡Based on highway driving in a 2014 Fiesta 1.0L GTDI I3 6-Speed Automatic and estimated fuel consumption ratings of 6.2L/100km City and 4.3L/100km Hwy using Government of Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ±Claim based on analysis by Ford of Polk global new registration for CY2012 for a single nameplate which excludes rebadged vehicles, platform derivatives or other vehicle nameplate versions. ©2014 NBA Properties, Inc. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

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Scan this and watch a ROM expert on their whale bone recovery project

"There's nothing on Earth that I've ever encountered that smells worse than a dead whale." Scan the photo above with your Metro News app to watch a video of the Royal Ontario Museum's Mark Engstrom discussing how the museum's whale bone recovering project will work — and likely take two years to complete. The museum in Toronto will help preserve the skeletons of two beached blue whales that washed ashore on the west coast of Newfoundland, including the rotting blue whale seen here on the shore in Trout River, N.L. in this April 27 photo. CONTRIBUTED - NTV NEWS, DON BRADSHAW/THE CANADIAN PRESS FILE

Opponents of abortion can't run as Liberals

Justin Trudeau. It's a pro-choice party; they don't want the debate reopened; sitting anti-abortion MPs will be allowed to run

Justin Trudeau says opponents of abortion need not apply to run for the Liberal party in the next election.

And if they do apply, the Liberal leader says they'll be weeded out during the vetting process for nomination applications.

Trudeau says the Liberals now support abortion rights and all candidates in the next election will be expected to adhere to that position.

However, he says an exception is being made for incumbent opponents of abortion who became MPs before the party officially adopted a pro-choice stance, such as Toronto MPs John McKay and Judy Sgro.

Liberal Leader Justin Trudeau during question period. THE CANADIAN PRESS

Their beliefs will be "respected to a certain extent," Trudeau said, "but our position as a party is we do not reopen that debate."

Until two years ago, Liberals did not have a party position on abortion, considering it a matter of conscience.

As a result, Liberal MPs opposed to abortion formed a strong, vocal minority in the caucus although their ranks have thinned considerably over the last two elections, as the caucus itself shrank.

But Trudeau said: "As a party, we are steadfast in our belief ... that it is not for any government to legislate what a woman chooses to do with her body, and that is the bottom line there."

At their 2012 national convention, delegates approved a resolution that explicitly endorsed a woman's right to choose — adopting the same position long held by the NDP. THE CANADIAN PRESS

Lions and tigers up there! Oh my!

An Amur tiger walks across a Big Cat Crossing mesh pathway during a news conference at the Philadelphia Zoo, Wednesday. THE ASSOCIATED PRESS

Philadelphia, Penn.
Zoo animals benefit from change in scenery

Visitors to the Philadelphia Zoo might want to beware of cats: A new enclosed passageway allows lions and tigers to roam outside their exhibits.

Yet humans can safely gawk at the predators travelling along Big Cat Crossing. The protected, open-air path snakes above the felines' habitat to an archway over the zoo's main promenade, ending at a viewing spot along a lake.

The concept for the catwalk unveiled Wednesday stems from the increasingly common practice of animal rotation, which lets animals take in new stimuli while visitors encounter them in unexpected places.

"It becomes much more of a safari-like experience," said Philadelphia Zoo CEO Andrew Baker.

The $2.3 million project, paid for with state and private funds, is the latest addition to the zoo's comprehensive travel system.

Within the past three years, it opened Treetop Trail to permit small primates to scamper along a suspended path through the property, while the Great Ape Trail offers an outlet for orangutans to explore.

Animal rotation exhibits have become more popular among U.S. institutions as "the public challenges zoos to improve," said Ed Hansen, CEO of the American Association of Zoo Keepers.

Baker said the Philadelphia Zoo's lions, tigers, pumas, jaguars and leopards already rotate among five exhibits. Now, they'll take turns using Big Cat Crossing.

The zoo plans eventually to extend and connect all three trails. So in the winter, when it's too cold for orangutans to be outside, cats can discover the Great Ape Trail as well, said Baker. THE ASSOCIATED PRESS

Fowl behaviour

Town board settles claim over petting zoo rooster attack

A Long Island town has approved a $20,000 settlement with the family of a girl who was injured by a petting zoo rooster.

The Smithtown Town Board approved the settlement on Tuesday night.

The Weiss family sued on behalf of their daughter, Kaylie, injured during a 2011 visit to the petting zoo at the town's Hoyt Farm Nature Preserve.

THE ASSOCIATED PRESS

Unhappy birthday

Second World War vet gets 3 years for drug trafficking

A 90-year-old man who hauled more than a ton of cocaine into Michigan for a Mexican drug cartel has been sentenced to three years in prison Wednesday, on his birthday. Leo Sharp was awarded a Bronze Star in the Second World War. Detroit federal Judge Nancy Edmunds says neither his service nor his age are enough to keep him out of prison.

THE ASSOCIATED PRESS

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Market Minute

DOLLAR
91.79¢ (-0.13¢)

TSX
14,656.40 (+44.11)

OIL
$100.77 US (+$1.27)

GOLD
$1,288.90 US (-$19.70)

Natural gas: $4.74 US (-$0.05)
Dow Jones: 16,518.54 (+117.52)

No baby boom after this bust

Birth of fear. Like the Great Depression, after the Great Recession in 2008 the birth rate fell around the world and it has yet to rise back up

In this 1930 file photo, a nurse holds a baby in Philadelphia. When the economy falls, like it did in the '30s and 2008, the birth rate also falls.
THE ASSOCIATED PRESS FILE

The financial crisis that followed the collapse of U.S. investment bank Lehman Brothers in 2008 did more than wipe out billions in wealth and millions of jobs. It also sent birth rates tumbling around the world as couples found themselves too short of money or too fearful about their finances to have children. Six years later, birth rates haven't bounced back.

For those who fear an overcrowded planet, this is good news. For the economy, not so good.

We tend to think economic growth comes from working harder and smarter. But economists attribute up to a third of it to more people joining the workforce each year than leaving it. The result is more producing, earning and spending.

Now this secret fuel of the economy, rarely missing and little noticed, is running out.

Births are falling in China, Japan, the United States, Germany, Italy and nearly all other European countries. Studies have shown that births drop when unemployment rises, such as during the Great Depression of the 1930s.

THE ASSOCIATED PRESS

An unmoveable feast

Indian labourers sort mangoes at a fruit market in Hyderabad, India, Wednesday. Mangoes start arriving in Indian markets in April, providing a juicy, delicious respite from summer temperatures and humidity as they start climbing to oppressive levels. Piles of mangoes are cooled in refrigerators or buckets of ice-cold water or pureed to create refreshing drinks that cut through the scorching heat. Indians are feasting on some of the world's most succulent mangoes after the European Union banned imports of the fruit from India this month, producing a glut and rock-bottom prices for local consumers. MAHESH KUMAR A./THE ASSOCIATED PRESS

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THE MOTHER OF ALL HOLIDAYS

HE SAYS

John Mazerolle
metronews.ca

Mother's Day was always a special event in my parents' household, because it meant I was attempting to be an adult on a scale I've never quite recaptured in my adulthood.

Back then I bought flowers, wrote my own cards, and picked out gifts, including a large, framed stock photo of a rose on a keyboard that would have been an amazing gift if my mother was the manager of a Super 8.

I even — and this is why it's always been The Mother of All Holidays in my mind — tried to cook.

If I were to add up the number of times in my life where I attempted to prepare a full meal, it's likely Mother's Day would be responsible for at least five of them — so around half the meals I've ever cooked have been for Mom.

That's the kind of outstanding son I am.

Now I live in a different city and, like most adult sons, I make a point on Mother's Day of letting my mother know that I exist and that I know she exists, too.

This seems to touch her deeply.

I suppose it's better than leaving bread crumbs and runny yolk on her bedsheets.

Focusing on love instead of buying something saves Mom and I from the crass commercialization of yet another Hallmark holiday, while coincidentally saving me from the high price of a Hallmark card. Mommy dearest, indeed.

I've compiled some numbers to show the big business that Mother's Day has become.

I think you'll find the stats as surprising as I did when they occurred to me in a fever dream.

A fever dream of research.

Mother's Day By The Numbers:

1: Average number of mothers per lifetime, per person in Canada.

$23.2 billion: Amount that is expected to spent on Mother's Day this year in North America.

$23.1 billion: Amount that will go to the richest 1 per cent of mothers.

63: Per cent of U.S. mothers who will get food stamps in bed.

7.2: Average number of carnations required for a mother to believe her child loves her.

890,000: Number of pre-written cards with Mother's Day poetry rhyming love, glove, dove and above.

4: Number of pre-written cards with Mother's Day poetry rhyming love and shove.

100 per cent: Amount KFC, Taco Bell and other corporations love mothers, according to their Twitter feeds.

10,000: Number of awwws about to ring out around Canada.

0: Mothers better than mine.

ZOOM

Boo-boos are hard to bear

Mango, a 19-year-old male Syrian brown bear, rests on a bed as zoo veterinarians and staff prepare him for surgery in the Ramat Gan Zoological Center's animal hospital near Tel Aviv, Israel, Wednesday. The 250-kilogram bear was going into surgery to repair a herniated disc in his back after it was discovered in an X-ray. ARIEL SCHALIT/THE ASSOCIATED PRESS

Syrian bear goes in for surgery

In Israel, a 19-year-old Syrian brown bear named Mango underwent surgery Wednesday to repair a herniated disc, said Sagit Horowitz, a spokeswoman for the Ramat Gan Zoological Center near Tel Aviv.

Zoologists first noticed Mango had a problem when he started to show signs of paralysis in his hind legs, said Dr. Merav Shamir, who led the surgery on the furry patient.

THE ASSOCIATED PRESS

They've got his back

"It started acutely," said Shamir. "He wasn't able to move his right hind limb and it progressively deteriorated over the following 48 hours to become completely paralyzed on the hind limbs."

"I'm nervous now — I'll be happier in a few hours," Shamir said before the hours-long surgery began.

"I wish him luck."

Veterinarians will know in the coming weeks whether Mango makes a full recovery.

THE ASSOCIATED PRESS

A potential lifesaver

Such procedures aren't uncommon at the Ramat Gan Zoological Center, the premier zoo of Israel. Last year, veterinarians there used acupuncture to cure the chronic ear infection of a 14-year-old Sumatran tiger.

- Shamir said other bears with a similar disc problem have been euthanized. The surgery Mango underwent is novel for bears, though it's often performed on small dogs.

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MetroTube

Watch this guy touch the sky

ANDREW FIFIELD
metronews.ca

Fighter pilot tends to join gigs like astronaut and race car driver on the list of cool jobs many of us, at least once, said we'd have when we grew up.

Of course, life intervened and shuffled most of the many onto other career tracks while the few stuck it out long enough to achieve the white-knuckle life.

We don't know if the younger version of photographer Blair Bunting had similar dreams, but at least he got to take to the skies in a USAF Thunderbirds F-18 for one day. And his cooler-than-ice handling of it was all captured on rather dizzying video.

SCREENGRAB

(Via Jaron Schneider on YouTube)

metro

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Lights, camera, rock song!

Synch Summit. CMW conference brings out the industry folks who choose what you hear in films, TV and advertisements

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

The Shins and Garden State, Feist and Apple. Death Cab for Cutie and the O.C. It's no secret that movies, advertisements and TV shows have all but replaced radio as the place people turn to discover new music.

The gatekeepers behind these placements are music supervisors, the crème de la crème of which are descending on Toronto for Canadian Music Week's Synch Summit this weekend.

Summit ticket holders can meet high-profile speakers during intimate roundtable sessions where they can pitch and shmooze with music supervisors, composers and colleagues.

Knowing a lot about music is only a small fraction of a music supervisor's job says Michael Perlmutter, owner of Instinct Entertainment.

"I'd say that the creative part of my job (the picking and placing of songs) is only 20 to 30 per cent of the business."

The other 70 per cent, he says, is spent negotiating with rights holders and meeting with prospective clients.

In a typical "sync" — industry parlance for getting a song placed in some form of media — music supervisors act as middlemen. For an ongoing production like Degrassi, which Perlmutter has worked with for nine seasons, he starts by meeting with the producers and reading scripts to get a sense of what kind of music best fits the themes and storylines of upcoming episodes.

A season of Degrassi usually requires about 250 songs. Perlmutter sends producers 25 tracks every few weeks to stay on top of the workload. Budgets dictate what songs are chosen; big name acts often want big numbered fees for the right to use their music. So finding the right song for the right scene for the right price can prove difficult. When working on the Richard Gere film, Arbitrage, Perlmutter went through 1,100 songs before finding the perfect track.

Perlmutter cut his teeth in advertising before jumping into the world of music supervision 17 years ago.

"It's not much of a job," he jokes. "It's a lifestyle. My parents are still in shock that I make a living doing it."

THE CMW SYNCH SUMMIT WILL BE HELD SATURDAY AT 4 P.M., IN THE MARRIOTT HOTEL BALLROOM. TICKETS COST $150 FOR NON-DELEGATES. SEE CMW.NET FOR FULL CONFERENCE DETAILS.

While it's one thing to get your band's songs on the stage, it's a whole other challenge to get them on the screen.
CONTRIBUTED

Pretty sweet gig

"It's a lifestyle. My parents are still in shock that I make a living doing it."
Michael Perlmutter, music supervisor

Advice from an expert

Perlmutter offers some advice to bands looking to get their music into an ad or TV show.

- **Be educated and do your homework.** "Don't send a rock-goth show your 20 country tunes unless they've asked you for it."
- **"Be in front of a lot of people in that world."** If you want to get your music placed in a film, go to a lot of film festivals and meet producers and directors.
- **"Write really good songs.** There are a lot of great bands without great songs. You don't need a hit, but you've got to stand out a bit. That's what gets you noticed."

Remembering a Canadian storyteller

Farley Mowat.
Author was outspoken about many social, environmental issues

Canadian author Farley Mowat, a master storyteller and tireless defender of nature and wildlife, has died at age 92, his assistant confirmed Wednesday.

From the time he was 13, Mowat was fiercely dedicated to writing about the natural world. As a young teen he started a magazine called Nature Lore and had a column in the Saskatoon Star Phoenix.

He went on to write some 40 books, many based on his own adventures and travels. He said he was lucky to be able to combine his two passions, writing and nature, calling it "the only subject I really want to write about."

Throughout his life, Mowat was adamant that humans learn to live in harmony with the natural world.

"It's a matter of survival," he told The Canadian Press in a 2006 interview. "Either we learn to do this, or we cease to exist. We have no God-given right to survive forever. We have screwed up so badly in so many ways so obviously that only utterly stupid species would consider that we have much of a future, as things stand.

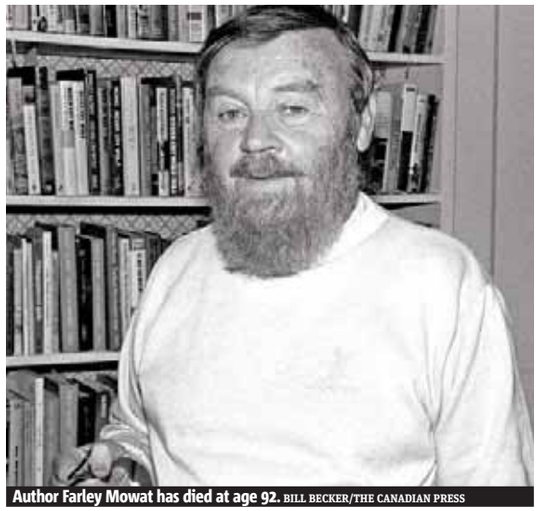
"Only by recognizing how far off track we've gone are we likely to be able to recover our footing and carry on."

One of his most famous books, Never Cry Wolf, is said to have changed the way people saw wolves; after the Russian version was published, the government there even banned the killing of one of Mowat's favourite creatures.

Mowat was born in Belleville, Ont., in 1921. The son of a librarian, he grew up in Windsor, Ont., and Saskatoon. He studied at the University of Toronto. His novels and other non-fiction works have been translated into more than 20 languages.

A remarkable storyteller, Mowat said the pleasure he got from writing was paramount.

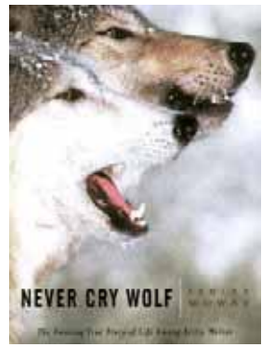
"My motives have been selfish in a peculiar way," he said, "not to attempt to gain recognition, fame, to become an icon, to become a Conrad Black or somebody like that, but simply to satisfy my own appetite for good stories."

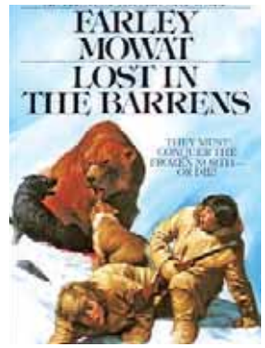


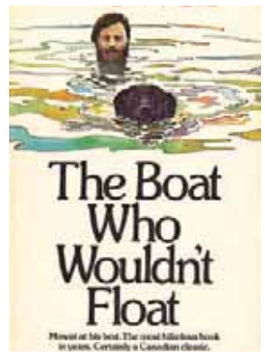
Author Farley Mowat has died at age 92. BILL BECKER/THE CANADIAN PRESS

He was awarded the Queen Elizabeth II Jubilee Medal in 1956, the Governor General's Award for Lost in the Barrens in 1956, the Leacock Medal for Humour for The Boat Who Wouldn't Float in 1970, the Order of Canada in 1981 and a Lifetime Achievement Award from the International Fund for Animal Welfare in 2003.

THE CANADIAN PRESS







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Foxx brings electricity to Spider-Man

Electro. Metro talks to Jamie Foxx on playing a sympathetic villain

MATT PRIGGE
Metro World News

Actor Jamie Foxx plays Electro, a tragic and sympathetic villain, in the newly released Spider-Man 2. CONTRIBUTED

Since 2004's one-two punch of Collateral and Ray — the latter which won him a Best Actor Oscar — Jamie Foxx hasn't had too many chances to cut loose. (For the record, he's had small comic parts in Horrible Bosses and Due Date.) In The Amazing Spider-Man 2 he gets to have fun — sort of. As Max Dillon, a frustrated and ignored scientist turned into the villain Electro, Foxx gets to play the villain, albeit a tragic one with a sympathetic genesis. But if he comes back for future instalments, Foxx can't wait to go full-on bad.

What is your own history with Spider-Man?

There were only three networks when I was a kid. When The Electric Company came on, and Morgan Freeman was the host, they would play Spider-Man in between the educational stuff. I was blown away, because that's the only time you see a superhero. There were no cartoons. You could only watch cartoons on Saturday — if you did your homework. You'd go outside and do your webs, or you're in your car with your mom, saying, "Look, ma, my web." "You ain't got no web, shut up."

Are your daughters into Spider-Man?

My daughter is three years old. She loves Spider-Man, out of nowhere. She can spell it. She trips people out on how she can spell it. And you don't know where they get it from. Spider-Man's just this thing.

Were you reluctant to play the villain?

No! Not at all. And electricity — you can't really kill electricity. I'm hoping if they do The Sinister Six that you'll be able to see him fully turn into the villain. Villains get to have more fun.

He's a very sympathetic villain — at least initially.

Yeah. That's what's great about the Spider-Man franchise: All of the villains start from another place. They're misunderstood. They're not like, "I'm going to take over the world!" I just want to get the people back who did me wrong.

He can be very vulnerable, too. Was that what intrigued you as an actor?

People have empathy for him — where he's not just some guy you don't care about.

Box office

Sequel kicks off summer season

The Amazing Spider-Man 2 swung into North American theatres with a $91.6-million US debut, kicking off Hollywood's summer season. 2007's Spider-Man 3, by comparison, opened with $151.1 million US. Sony has a lot riding on Marc Webb's version of the web slinger, starring Andrew Garfield and Emma Stone. It has plans for two Spider-Man sequels and two spinoffs.
THE ASSOCIATED PRESS

RESCUED FROM DOMESTIC SLAVERY

RESTAVEKS WORK AGAINST THEIR WILL

Haitian Sonite Edmond, 14, despondently recalls being forced to work as a restavek when she was just six years old. Meaning "to stay with" in Creole, restaveks are children working in domestic slavery, as Sonite was forced to when she went to "stay with" her godmother in Port-au-Prince.

"Restaveks typically come from low-income families in which parents or caregivers lack adequate resources to care for their children," says Debbie Landis of World Vision Haiti. "They send them to live with other families in the hopes they will be given a better life."

But life for restaveks is rarely better. These children usually work long hours with insufficient food and clothing. They also must forgo their education in order to work, and are often targets for physical and sexual abuse.

"She promised to send me to school," Sonite says of living with her godmother. "I kept waiting. For two years I worked in her house. I never got to go to school."

Instead, she was put to work sweeping, mopping, and taking care of others.

Child exploitation is not uncommon in Haiti or countries with similar socioeconomic circumstances, be it in the form of child trafficking and smuggling, sexual abuses, or domestic and forced labour. According to UNICEF, 10 per cent of children in Haiti are forced into domestic work that takes them away from their friends, family, and schoolwork. Three-quarters of these restaveks are girls, like Sonite.

After realizing his daughter was not attending school, Sonite's father rescued her from her godmother's care and brought her back home. He then sought help from World Vision to get her the education she needed and deserved, enrolling her at L'ecole National de Tamarin, which World Vision helped build.

Now in secondary school, Sonite is enthusiastic about her own education and passionate about promoting youths' right to education.

"It's not fair that some kids get to go to school and others don't," Sonite says. "As long as I'm alive I'd like to keep going to school. I want to keep learning because without this you're nothing."

No child should ever be for sale. Join the fight to end child slavery by sponsoring a child at worldvision.ca or by calling 1-866-619-2224.

Haitian Sonite Edmond, 14, wants to be a fashion designer when she graduates. WORLD VISION PHOTO

Promising future for the potter child

A child's education sometimes comes second to child labour

Serkalem Bihon, 15, so desperately wanted to have an education that she used every scrap of paper she could find to make her own notebook for school.

Her attempts, however, were futile because Serkalem lives in a community in Addis Ababa, Ethiopia, where children's education comes second to child labour.

With her mother and father barely earning enough for the family's survival, Serkalem was forced to work, starting at just nine. From dusk until dawn, the young girl would go to school and then come home to housework, weaving and pottery making. Once she finished winding her father's cotton spool, she would be sent out to three or four other weavers to perform the same task for them — earning about $1.55 the entire week.

Eventually, exhaustion set in and Serkalem found herself trying to finish her homework on her lunch break because there was no time after school.

Serkalem Bihon, 15, who lives in Ethopia, wants to be a doctor one day. WORLD VISION PHOTO

"At home, if I was not working, I was sleeping," Serkalem says. "No time for study. So I usually felt sleepy during class.

"Once, I was found sleeping in class and both the teacher and students laughed at me. They still make fun of me."

The long hours working also started to affect Serkalem's health. She developed arm, back and shoulder pain.

"Sometimes, I felt sorry for myself," Serkalem says.

"Especially on weekends when I toiled while my friends were relaxing. I always asked myself, 'When it will be my turn?'"

World Vision

For Children. For Change. For Life.

World Vision started the Ethiopians Fighting Against Exploitative Child Labour program (EFACE) to help prevent exploitation, neglect and abuse of children in Serkalem's community. One of the biggest goals of EFACE is to educate families about the importance of educating their children, and keeping them safe from exploitative child labour.

Serkalem is now in Grade 5, and although her younger classmates sometimes tease her, she takes it all in stride because she is just thankful to be in school. She hopes to be a doctor one day.

One of the best ways that Canadians can help keep children like Serkalem in school and away from exploitation is through child sponsorship. To sponsor a child, visit worldvision.ca or call 1-866-619-2224.

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Damon Albarn performs during this year's SXSW Music Festival in Austin, Texas. Albarn's new album, Everyday Robots, has just been released. JACK PLUNKETT/INVISION/THE ASSOCIATED PRESS

Damon Albarn, the incognito pop star

Going solo. The man behind Gorillaz and Blur finds himself all alone in the spotlight for the first time

Quoted

"I mean 'round the world between Blur and Gorillaz, there's a (lot of fans). They obviously like me — but they don't necessarily know I'm me."

Damon Albarn,
on preforming as a solo musician under his own name

Mention groups like Gorillaz and Blur to the average music fan and the names are immediately recognizable. Mention Damon Albarn, the man at the heart of those groups and several other successful collaborations, and there can be a bit of head-scratching.

Albarn acknowledges that he faces an identity problem as he releases his first proper solo album, Everyday Robots.

"People have to realize that it's actually me," Albarn said. "In America, if I took the number of people who were Gorillaz fans and actually converted them straight to Damon Albarn fans, I'd be guaranteed a No. 1 album in America, which would be very nice. But you can't guarantee things like that, at all. I mean round the world between Blur and Gorillaz, there's a (lot of fans). They obviously like me — but they don't necessarily know I'm me."

Everyday Robots is a chance for fans to get to know the 46-year-old British singer and multi-instrumentalist. The 12 tracks, loosely about the disconnection we face in the modern world, are as unfiltered as Albarn gets, full of the kind of personal observations, stories and thoughts that might usually receive a coat of paint in a group setting. "There's no embellishment at all," Albarn said.

The sessions for the new album grew out of the good feelings Albarn and friend and collaborator Richard Russell, CEO of XL Recordings, had left over after their The Bravest Man in the Universe collaboration with Bobby Womack. Albarn prefers to work in a collective, but Russell persuaded him it was time to do a solo album with some of Albarn's more melancholic material.

"We had a real esthetic that was working. It was like what do we do next?" Albarn asked. "Should we start a band? We even thought up a few names, but then we realized we're 44-year-old men at the time. Let's not try and start a new pop band. Maybe our time is over for that."

There's no age limit on creativity, though, and Albarn has managed to extend his career far beyond most of his contemporaries from the classic early 1990s British rock scene. He attributes his longevity to punching a clock every day at a building he owns in London where he has his own studio and administrative offices.

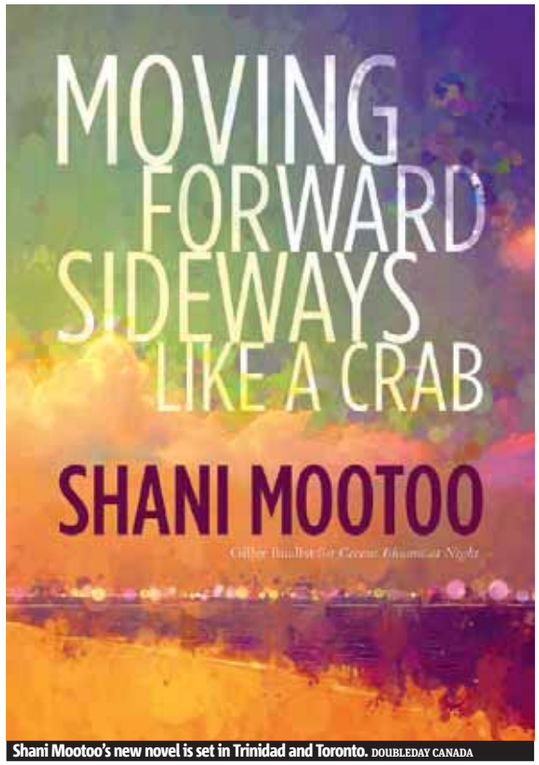
"I put it down to having a very good routine," Albarn said. "Five days a week, 10 till 5:30 — apart from school holidays."

He also has a sense of when to move on. He enjoyed a long world tour with his Blur bandmates last year, but knew it was time to take a long sabbatical from the band afterward. He suspects he'll soon feel that way about his latest project as well.

"I tend to get that way with everything," Albarn said. "I will take a sabbatical from myself for a while, no doubt, and go back to being someone else. This is the most fun thing to do, so I will continue being myself until it's no more fun. I haven't been myself for so long, it's novel." THE ASSOCIATED PRESS

Shani Mootoo explores the nature of identity

Finding belonging.
Inspired by her experiences growing up in Trinidad, Mootoo's latest novel examines gender identity



Shani Mootoo's new novel is set in Trinidad and Toronto. DOUBLEDAY CANADA

Celebrated Canadian writer Shani Mootoo says she always knew she would leave her native Trinidad.

An aspiring artist from a young age, the island didn't offer the higher levels of schooling she knew she would need to pursue her career goal. Then as she grew older, she didn't see herself being reflected in the country, feeling that as a woman she "was maybe too adventurous, too curious to be happy in a place like Trinidad."

"Then of course as I began to come out as lesbian, I realized I would have to live an incredibly closeted life," she said in a recent interview at the offices of Random House of Canada.

"When I came here to Canada, this was like 30 years ago, it's not as if I stepped into a new country where I could be free. There were a lot of struggles, but in Trinidad, I never met gay or lesbian people at that time."

Mootoo explores that urge to leave one's native country in order to find a sense of belonging in her new novel, Moving Forward Sideways Like a Crab (Doubleday Canada).

The story unfolds in the form of a memoir written by Jonathan Lewis-Adey, a Toronto writer who went to Trinidad nine years ago in search of his estranged parent, Sid. To Jonathan's surprise, he discovered Sid had transitioned from female to male and was living as Sydney.

As Jonathan reconnects with an ailing Sydney, he tries to understand why his father left him and his mother back in Toronto decades earlier, and why Sydney went through his gender reassignment.

Jonathan also attempts to piece together the relationship between Sydney and his close friend, a woman named Zain. He does this through conversations and his writing.

The book contains rich descriptions of the landscape and culture of Trinidad, a country Mootoo has written about in her previous novels, which include Cereus Blooms at Night. That book was a Scotiabank Giller Prize finalist and made the long list for the Man Booker Prize.

Quoted

"I don't know what the agenda really is to try to keep people in these narrow paths, and I think if anything needs surgery it's society, really."

Shani Mootoo, author
on society's concepts of gender

GRAHAM DAVIES

Like Sid, Mootoo also left Trinidad for Canada solo, and she drew on her own experience of immigration as she crafted the novel.

"I think for people who immigrate on their own, without the armature of family to support them, I think it can be very, very lonely," she said. "Nobody knows who you are, nobody knows your history and, in a case like a person who is gay like Sid, there would've been more isolation."

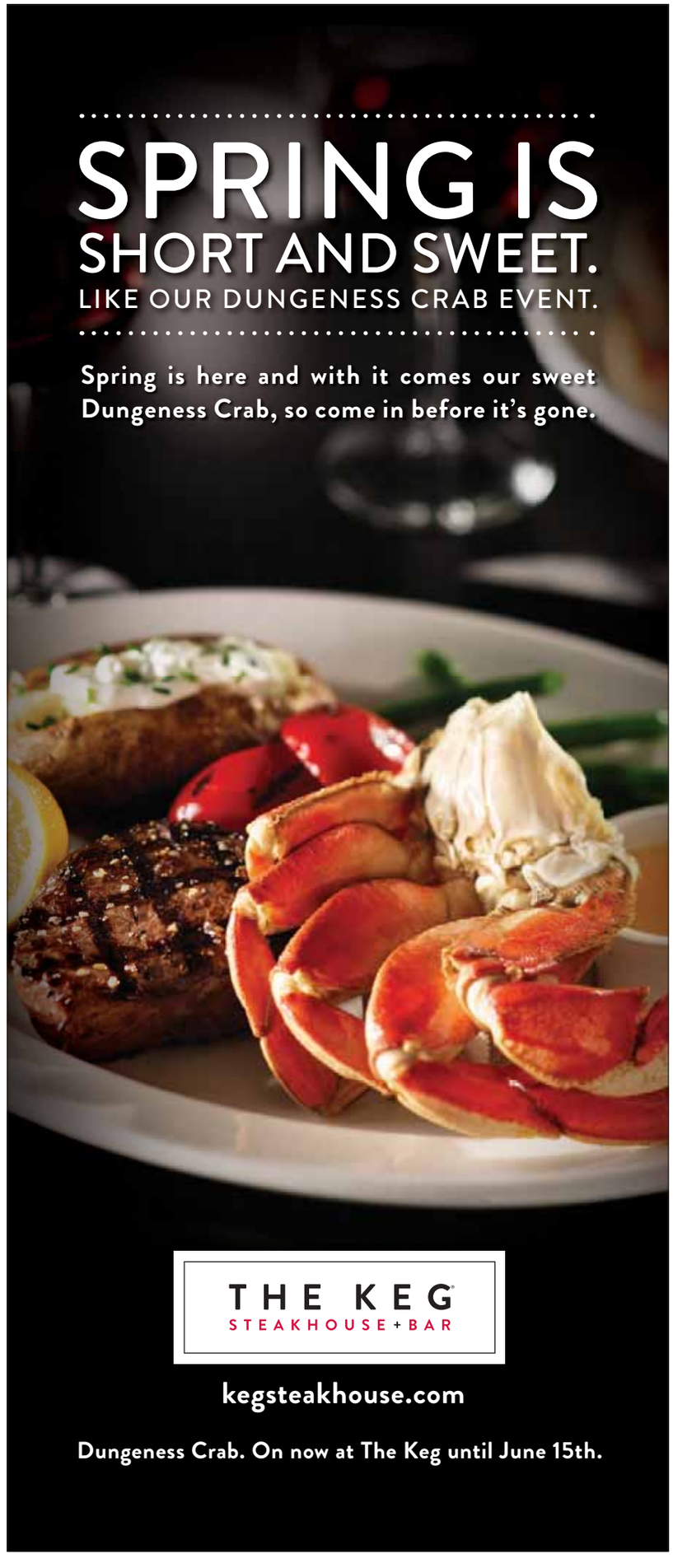
Mootoo focuses more on Sid's journey toward gender transition than on the medical process behind it — an approach she said was influenced by Virginia Woolf's Orlando.

"It's exquisite because there wasn't the medical journey, therefore there wasn't the medical language. But it was about passion and love and how to use language to move between genders."

Mootoo said she wanted to show the reader the consequences of changing the body, one of which is "what you leave behind, who you leave behind, who suffers because of this."

"The other thing that I cannot get my head around — and this is what this novel was, really, to try to help me to find a way through, was — is it really the person who has to do the gender reassignment or is it society that needs to change to make room, to allow there to be room for people who want to be any way they want to be?"

THE CANADIAN PRESS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Grey's Anatomy

Cast members sign on for two more seasons

Present from the very first episode of Grey's Anatomy, Justin Chambers (Alex Karev), Chandra Wilson (Miranda Bailey) and James Pickens Jr. (Richard Webber) are gearing up for potentially two additional seasons at Grey-Sloan Memorial Hospital in Seattle.

These original cast members will be joined by Sara Ramirez, whose character Callie Torres was introduced in season 2.

The four actors will appear in forthcoming episodes of the hospital drama alongside the protagonists Meredith Grey (Ellen Pompeo) and Derek Shepherd (Patrick Dempsey), whose participation was confirmed in January.

ABC has yet to officially renew Grey's Anatomy for its 11th season, although the news that the six main actors will return leaves little room for doubt. The network is expected to make an official announcement on the subject any day now. **AFP**

Alex (Justin Chambers) and Callie (Sara Ramirez) have agreed to return for the next two seasons of Grey's Anatomy. ABC

Chvrches have paid their dues

Hit-makers. New to the fame game, synthy Scottish band remains down-to-earth

RICHARD PECKETT
Metro World News in London

Though Chvrches' first single, Lies, appeared to drop from nowhere to a flurry of click-happy fans on YouTube, the members have all done their time with other outfits.

"Some people might perceive us as a band that has broken in a year and has gone from nothing to sizeable venues everywhere, but that's not the truth behind the personalities in the band," says keyboardist Martin Doherty. "You can't get to this point in your career without understanding what it means to go through seven levels of s—."

The band also includes guitarist Iain Cook and singer Lauren Mayberry, whose otherworldly siren-like vocals coupled with the band's perky 1980s synth has taken their debut album The Bones of What You Believe from must-have desktop download to venue floor-filler.

Martin Doherty, Lauren Mayberry and Iain Cook of Chvrches.
CINDY ORD/GETTY IMAGES FOR SIRIUSXM

In conversation, as onstage, the members of this Scottish band have a palpable rapport. But unlike the images they might project onstage, they insist that they are defiantly not cool.

Mayberry shares an anecdote: "A friend said to me recently, 'Technically you have all the hallmarks of what could be a hipster but I know what you're really like and I can't think of anyone less hipster-ish.'"

"I'm a card-carrying nerd," boasts Cook.

Doherty seeks to differentiate himself.

"I have a high level of technical understanding."

And with this, Mayberry leans into him, "That's exactly what a nerd would say. It's interesting to know and learn things."

Quoted

"You can't get to this point in your career without understanding what it means to go through seven levels of s—."

Martin Doherty, keyboardist, Chvrches on achieving success as a musician after years of hard work

LUMINATO FESTIVAL

Luminato Festival Salutes our Volunteers

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Luminato Festival comes to life thanks to its enthusiastic and dedicated volunteers. One such individual is Sameer Mawani.

What attracted you to volunteering with the Luminato Festival?
That the festival embraces creativity. As we get older we dream less, but Luminato Festival provides an avenue that allows us to dream more and remain young through its events.

What are you most excited about at this year's Festival?
Experiencing something new. Listening to a live show or seeing something to open my eyes.

Why should people attend the Luminato Festival?
Why shouldn't they? A number of the events are free and you get to see venues transform our city. If you haven't attended go somewhere new and try something different, you won't be disappointed.

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3rd season. Series is back in Black (and Orange)

Netflix has ordered 13 additional episodes of Orange Is the New Black, its comedy set in a women's prison. The show will go on to a third season, according to a post on Instagram from actress Laura Prepon. Season two of the comedy series, which was developed by Weeds creator Jenji Kohan, will arrive June 6 on Netflix.

Orange Is the New Black follows Piper (Taylor Schilling) during her stay in a U.S. federal penitentiary. The young woman is sentenced to 15 months for having transported drugs for her former lesbian lover, played by Laura Prepon (That '70s Show).

As a result, she is forced to trade a comfortable life with her fiancé Larry (Jason Biggs) for an orange jumpsuit and the gritty living conditions of a women's prison. On the inside, she ends up striking an unexpected alliance with a group of eccentric and loud-talking inmates. The series is inspired by the true story of Piper Kerman, who spent 15 months in a Connecticut prison between 2004 and 2005. **AFP**

Laura Prepon, left, and Taylor Schilling in Orange Is the New Black, which has been renewed for a third season. CONTRIBUTED

Music

Imagine Dragons, Lorde set to play MMVAs

Las Vegas rockers Imagine Dragons and New Zealand singer Lorde have been announced as performers at next month's MuchMusic Video Awards.

Imagine Dragons have had a breakout year with their hit Radioactive, while Lorde has struck gold with her single Royals. Both are leading contenders heading into the upcoming Billboard Music Awards.

MuchMusic also announced that voting has opened for the MMVA categories that are voted on by fans. Details can be found on the MuchMusic website. The MuchMusic Video Awards, which are celebrating their 25th year, take place June 15.

THE CANADIAN PRESS

Books

Princess Diaries to hit bookshelves after 5-year break

Meg Cabot is returning as author of The Princess Diaries in 2015, but this time will focus on Mia Thermopolis's life as an adult.

Just like her fans, Mia has grown up, and Royal Wedding sees her prepare for marriage to beau Michael. At the same time, it emerges that Mia has a half-sister, Olivia Grace, who, just like Mia in the original novels, must now come to terms with being an ordinary girl and part of a royal family.

As such, Olivia is to receive her own spin-off series starting with From the Notebooks of a Middle School Princess. Royal Wedding will be the 11th Princess Diaries book. **AFP**

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Louis C.K. brings alter-ego Louie back

Recharged batteries. After a long break, series returns to TV for a fourth season charting bumpy daily life of a comedian

Louis C.K. isn't soured on life. But he seems forever on the verge of turning. At least that appears to be the case with the character he plays on the eponymous Louie, his semi-fictional comedy that's made a much-awaited return.

Louie — who (like Louis) is a New York comic and a divorced father of two daughters — knows struggle and angst and cloudy wonderment. He views life through eyes with a stricken look, dwelling in a state of comfortable dread.

"What makes you laugh?" someone asks him.

"I can't remember," he replies.

The fourth season kicked off with back-to-back half-hours that charted Louie's bumpy daily life, including a rude wake-up call, a visit to the doctor, cooking dinner for his girls, awkward stabs at romance, indignity performing at a Hamptons benefit and brief respite in a comics' poker game.

There were also glimpses of him doing stand-up in a Greenwich Village club, where he pondered what happens after you die and says, "Actually, a lot of things happen. Just none of them include YOU."

It's great to have him back with these 14 new episodes, especially after such a long absence. Back in fall 2012, Louis — who stars, writes, produces and directs — had asked FX for some extra time to recharge his batteries.

"Oh boy, am I glad I did that," he says during a recent phone interview. "I had way more energy, and I took a lot more time writing than I ever have. So even if it's not better, I certainly tried harder."

No one could deny he tries harder. His level of creative control and multihyphenate submersion in Louie is unprecedented for a TV auteur. And he is seen as a truth-teller beyond the boundaries of TV comedy, outdistancing Lena Dunham, Tina Fey or Larry David to earn proximity to TV drama's holy trinity of Davids: David (The Sopranos) Chase, David (The Wire) Simon and David (Deadwood) Milch.

With such thunderous acceptance (a current GQ profile calls him "the greatest comic talent of his generation"), is it tough to reinhabit the earlier, not-nearly-so-successful Louis C.K. he portrays on his show?

"The good times that I'm living started about three years ago," the 46-year-old Louis replies with a hollow sound that might be a chuckle. "If you pit those years against 43 years of struggle, you still have plenty to draw from."

Acclaim is nice, he says, "but it's like if you were being called a really good pilot: that doesn't make it easier to fly the plane. The fundamentals of the task are still the same, and hard as ever."

The only time he checks in on his star status: when answering a call of nature.

"While I'm sitting there, that's when I Google myself," he says. "And it makes me kind of nervous. So then I Google somebody else. And then I get on with my day."

The trials and sometime shocking tribulations Louie visits on its hero — most of which Louis presumably has withstood in real life — are unforgiving, particularly those falling in the show-business realm.

A memorable three-episode arc last season imagined David Letterman announcing his retirement, with Louie vying to be Dave's Late Show successor while falling prey to show-biz duplicity.

Is that really the dark view he has of his profession?

"The second you choose show biz as a career," he reasons, "you're almost guaranteed that you're not gonna make it. So all the bad luck coming to you is MEANT to come to you."

THE ASSOCIATED PRESS

Watch it

Louie airs Mondays at 10 and 10:30 p.m. ET on FX Canada.

Louis C.K. stars in Louie, airing Mondays on FX Canada. FX CANADA

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

George Clooney ALL PHOTOS GETTY IMAGES

Just call him groomzilla? George is set on walking down the aisle this fall

If you think George Clooney's surprise engagement to Amal Alamuddin came quickly, just wait until the save-the-date cards go out. Clooney is reportedly wasting no time in tying the knot, with a fast-approaching wedding date, according to Radar Online.

"The wedding is to take place in September," a source says. "They've told family and friends they will only disclose the location at the last minute, and it will be very private. Neither George nor Amal want the wedding to be a public affair — and her family doesn't, either."

And the wedding isn't the only bit of planning on the fast track, as Clooney and Alamuddin "definitely want kids ASAP," the source says.

Biebs cozies up to Miami model after spotting her on Instagram

Justin Bieber's on-again, off-again relationship with Selena Gomez must really be off again, as the pop star apparently has been cozying up to 18-year-old Miami-based model Yovanna Ventura, according to E! News.

Bieber apparently first spotted Ventura on Instagram and reached out to her, meeting up with her when he was in Miami in April and then this month in Las Vegas before heading to L.A., where they were spotted acting "like a couple" on the Venice Beach boardwalk.

Justin Bieber

The Word

Tabloid pays price for J.K. Rowling 'sob story' claim

A British tabloid has apologized and paid damages to Harry Potter author J.K. Rowling over an article about her time as a single mother.

Rowling brought a libel case against the Daily Mail after it alleged in an article in September that she told a false "sob story" on how people at her church stigmatized and taunted her for being a single mother on welfare. The newspaper report was based on an essay Rowling wrote for a charity describing her experiences some 20 years ago.

The paper printed an apology Wednesday stating that Rowling in fact did not make any false claims. The paper said it had agreed to pay "substantial damages" and legal costs to Rowling, who will donate the money to charity. THE ASSOCIATED PRESS

Miley Cyrus

Miley recovering from sudden illness with 'crazy honey and lavender'

Miley Cyrus is just fine, y'all. The Wrecking Ball singer resumed her world tour in London after a sudden illness landed her in the hospital and caused her to cancel dates for three weeks.

But before she took to the stage, Cyrus wanted to make sure everyone knew that reports she'd suffered a drug overdose were false. "I didn't have a drug overdose. I took some s—ty antibiotics that a doctor gave me for a sinus infection and I had a reaction," she said at a press conference at London's O2 Arena before her return performance. "I'm feeling good, I'm alive — so that's f—ing awesome. I'm the poster child for good health." She's even taken drastic steps to maintain her health: "I'm on this crazy vitamin rush and crazy honey and lavender. I learned a lot about taking care of myself."

Twitter

@JamesFrancoTV
"50 shades of batman and robin w/ Spider-Man"

@pattonoswalt
Totally just saw the green dragon from GAME OF THRONES drinking at Little Dom's.

@oliviawilde
This year, instead of attending the "Met Ball", I leaked milk, and ate an entire napkin while inhaling a felafel.

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See that symbol? It means you can scan this photo with your Metro News app to see a video montage of Lindsay Ellingson strutting her stuff on the Victoria's Secret runway.

Tips from the lips of an Angel

Model management. From hot-power yoga sessions to facial massages for breakouts, Lindsay Ellingson shares all her tricks

ROMINA MCGUINNESS
Metro World News

We've all had those moments: You want to get rid of bloat in a week's time for a big event or need to turn your complexion around in 24 hours for a big job interview. With a long list of big-time catwalks including Chanel, Chloé and Prada, and five years as a Victoria's Secret Angel under her belt, model Lindsay Ellingson has become a master at solving a beauty problem quickly. She reveals some of her tricks for looking fresh:

Start on the inside

"You can just tell when a girl looks sick or is too thin. I get light-headed and my energy fades. It's good to eat lots of clean, hearty meals so that you're not starving yourself — something like chicken, sweet potato and broccoli. I don't like putting food in my body that makes me feel toxic, so I always carry almonds in my purse. I'll eat a cheeseburger if I want one, but I'll just balance it out with a green juice. I eat less sugar, it just helps my skin glow and stops my energy levels from spiking."

Put the Starbucks runs on pause

"I love cold-pressed, iced black coffee but caffeine is dehydrating so I drink Kusmi Detox tea instead."

CONTRIBUTED

Add some heat to your yoga

"I've been doing hot power yoga four times a week and feel more toned than ever. It's not as hot as Bikram — I tried that once and almost passed out! Be in tune with your body and listen to it — if you're tired, it's OK to rest."

Hydrate well, inside and out, to fake a solid night's sleep

"I need about nine hours of sleep but I've learned to function with much less. I would fly overnight to Milan, arrive in the morning and go straight to 14 appointments — that's your job. So I started to sleep with an eye mask or take some melatonin (during flights). And drink lots of water. When you wake up dehydrated, your skin feels horrible. So I would put on the SKYN Iceland Hydra Cool Firming Eye Gels, roll an ice cube around my eye zone and spritz my face with the Heritage Store Rose Petals Rosewater — it helps me look awake"

When all else fails, copy the makeup artists

"I've definitely arrived super tired and broken out on the last day of the Paris shows. Thankfully the makeup artists are amazing when it comes to erasing signs of fatigue. They'll give a face massage using the Embryolisse Lait-Crème Concentré face cream to increase the blood flow to your face and use eye drops for extra sparkle. I also like to use Ling Drying Lotion on a pimple at night and it'll be gone by the time you wake up."

Twitter

JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Ready to strut it! Backstage @TorontoFashion #NewLabels show

Lunch with @LaureenHarper at 24 Sussex Dr to brainstorm ideas for CDN Centre for Child Protection. NeedHelpNow.ca

The latest Accuweather forecast is predicting a cool summer after this insane winter, but let's not let that stop us from thinking about swimsuit season. Go online to Trends Report to see the latest styles in long-sleeved swimwear, and let me know, would you choose a sleeved suit over a barely there bikini?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

Canadian street style

Spotted in: Toronto

Name: Jenna Kennedy

Age: 28

Occupation: Co-owner Rockford Peach Vintage Lifestyle Brand and sales associate at Dutil Denim

What she's wearing:
Vintage Levi's black jean jacket with Rockford Peach sewn on patchwork, American Apparel T-shirt, Neuw Black high waisted jeans, vintage Gucci loafers.

What she's wearing:
"Denim ... rockstars and short girls ... Jim Morrison and the Olsen twins "

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Girls who've grown into glamorous

Seniors strut their stuff. Advanced Style offers intimate glimpse into lives of fashionable seniors

Debra Rapoport of the documentary Advanced Style poses for a photograph in Toronto. The documentary is focused on stylish seniors.
NATHAN DENETTE/ THE CANADIAN PRESS

Glamorous older women captured by blogger Ari Cohen are getting their close-up in the documentary Advanced Style, which explores the private lives of stylish seniors.

Director Lina Plioplyte turns her lens on Cohen — creator of the Advanced Style blog — as he photographs women on the streets of New York in the documentary, which premiered at the Hot Docs festival.

Plioplyte said she initially started filming short clips of the women peeking through their closets and "having cute moments," which received an incredible response on YouTube. After putting out a trailer that netted one million views, Cohen said they decided to get serious about making a film, distilling 200 hours of footage for the documentary.

Beyond the fashion, Advanced Style delves into the women's joys and passions — as well as their vulnerabilities, such as the desire for love and companionship in their golden years.

"The movie would not be what it is if it was only about fashion," Plioplyte said in an interview seated alongside Cohen. "I did not want to make a film that's only about colour and dress, because who they are behind the clothing are women who are like all of us. We want to be happy, we want to have a companion, so it was an absolutely necessary part of the film.

Wearing their wisdom

"They're vulnerable and strong. That's the most beautiful thing to me. And they're comfortable in their vulnerability as much as their strength."
Lina Plioplyte
Director Advanced Style

"With the life experience of 60 or 80 years comes not only this glamorous idea of self, knowing of self, but also you have a lot of dark stuff that you went through in your life that makes you who you are — makes you strong," she added. "They're vulnerable and strong. That's the most beautiful thing to me. And they're comfortable in their vulnerability as much as their strength."

Wearing ornate toppers, colourful coats and stacks of bangles and baubles adorning their arms, two of the stars of Advanced Style express pride in being able to redefine outdated societal views of seniors.

"I think it's the greatest inspiration for older women and younger women," said Lynn Dell, 81, founder of the Off Broadway Boutique. "We want to just show them what we can do, what we're about and what it's all about — what you can do."

"I live a very creative life and I encourage others to just find their creativity and their vitality and go for it, without judgment," said Debra Rapoport, 69, who operates the Viva Le Hat website and Etsy shop and has presented workshops on personal style and creativity.

"It's not about shopping, it's not about brand names. It's about finding what works for you and how you want to present yourself to the world."
THE CANADIAN PRESS

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Legal Matters

Home-building partnership

I purchased a house a year ago to demolish and rebuild in a neighbourhood where this is happening a lot and where are decent profits to be made doing so. I partnered with a couple of silent partners and a builder and offered them 50 per cent interest in the property so that when we sell, the profits will be shared amongst everyone. For their part, the two silent investors provided investment capital and the builder was to provide home-building services.

Ten months later, the builder has decided that he wants his money without completing the project and the new home construction has ground to a halt. Our business relationship has deteriorated. What should I do?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

I had to call this person to verify this fact: There was no backup documentation with respect to the business arrangements. No partnership agreement. No building contract. No termination clauses.

I wanted to tell the person that they deserved the position they found themselves in. Gone are the days of gentleman's agreements, handshakes and "I'll take you on your word." Circumstances can change so quickly in today's business environment. People don't have the same scruples and sense of honour that made these arrangements sound business policy in the past.

A solution to this problem is nowhere near straightforward. My advice would be to try and get the problem worked out between yourselves. You got yourself into the mess, you get yourself out. Bringing a lawyer into the situation at this point could very well complicate the matter further. If you find that you are making no headway with this builder, you may need the services of a lawyer. This assistance will be much more expensive than if you had properly documented and defined your roles and responsibilities in writing upfront.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca, or email him at jeff@cowanlaw.ca.

How to crack condos' exclusive first looks

VIP previews. Learn who gets a first glimpse and how you can get in on launches too

CONDO TRENDS
Duncan McAllister
life@metronews.ca

It's up close and personal at a heavily attended event in Yorkville. As the limos start to arrive and the fine wines begin to pour, it's apparent the evening will be attended by many of Toronto's elite. They're hoping to get a glimpse of — and maybe put a down payment on — one of Toronto's most exclusive developments.

This is the VIP preview for Yorkville Plaza, Camrost-Felcorp's hotel condo conversion on the former site of the iconic Four Seasons Hotel. In an upper-floor ballroom, the Armani-attired sales staff of Hunter Milborne's real estate team are skillfully working the room. As they move from person to person, a binder full of floor plans in hand, they ply their trade and the luxury suites are gobbled up quickly.

Not every VIP event is as exquisite as this one. So what exactly is a VIP, and how does it work? Veteran agent Barbara Lawlor is one of Baker Real Estate's power brokers. She tells Metro that the VIP preview is always the first round of pricing in preconstruction condo sales. It's an opportunity for agents to get an exclusive first look at floor plans and pricing before the suites go on sale to the general public.

Barbara Lawlor, president of Baker Real Estate Incorporated. CONTRIBUTED

Early birds

"Depending on the builder ... they will have a friends and family launch as well." Broker Barbara Lawlor

"Usually the launch includes the brokerage communities and the pre-registrants." explains Lawlor.

Early birds interested in a particular building may pre-register to become privy to some of the more select units.

"Quite often depending on the builder who may have a huge following, they will have a friends and family launch as well."

ReMax Condos Plus sales representative Ashley Fray will be attending the upcoming River City 3 Platinum VIP event. "The developer will have their sales team that have chosen the prices, floor plans, everything." explains Fray. "I have about two weeks to review it, speak to my investors, my clients, and start the sales process that way."

The Yorkville Plaza hotel condo conversion at the site of the former Four Seasons hotel. CONTRIBUTED

Agents like Fray are chosen by the developer to get a first look at the units. "They're choosing people who have been in the real estate market for some time and know condos, so we are going to represent this product on a more intellectual level."

How does an ordinary buyer partake in a VIP offering? "If somebody was interested in it, they would contact me, we would sit down, we would have a consultation to find the needs or wants, and then from there I would give them the information," says Fray.

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An urban oasis in the downtown core

Meet the condo

- **What.** The Harlowe
- **Builder.** Lamb Development Corp.
- **Location.** Richmond St. West, east of Bathurst
- **Website.** theharlowe.com
- **Pricing.** Starting at $259,900

The project overview

The Harlowe is a new mid-rise condo by Brad Lamb located between King and Queen Streets West. Featuring a mixture of red brick, blackened metals and woods, suites are designed to maximize space and some include large balconies.

Building amenities

The building features a bistro restaurant on the main level, a private club and dining retreat, a state-of-the-art fitness facility and an eight-hour concierge service. Maintenance fees are $0.55 per sq. ft. per month.

Annual report

Building an economy

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

The building and development industry is a major driver in the regional, provincial and federal economies.

We don't just build homes and businesses; we create communities, jobs and economic opportunities for all GTA residents.

The Canadian Home Builders' Association released its annual report outlining the economic impact of building, development and home renovation across Canada. I had the opportunity to review this report last week and I'm happy to report that our industry continues to be a key contributor to growth and prosperity across our vibrant region.

Our industry employs a diverse group of professionals, each of whom plays an integral part in building quality, complete communities that people can afford to purchase.

If you are reading this column on a bus or subway, I encourage you to look around you. There is a good chance that at least one of the people sitting next to or across from you is employed by our industry. I'm not just talking about the skilled tradespeople that you see working on construction sites. I'm also referring to the lawyers, planners, designers and architects who work on the development years before it breaks ground.

There were more than 207,400 jobs across the GTA last year involved in residential and non-residential construction, according to Statistics Canada's labour force survey. The construction figure represents 6.3 per cent of jobs across all sectors in the region, tying the industry high over the last decade.

Residential construction generated $9.7 billion in wages, including $5.4 billion in residential renovations alone.

These salaries are then used to purchase groceries, clothing, cars and a number of additional products that support local businesses. These purchases are all contributions to the local economy and continue to move our region forward.

Plum-struck makeover

Colour creates a living room with style. One reader with just a sofa gets some affordable decor suggestions

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: My small living room has a new sofa with neutral wood floors and walls. I'd like the room to have some colour added but look relaxed and organic. — Trisha, via email

A: Start by choosing another neutral colour to help accent the beige tones in the room.

I suggest a soft stone-purple colour; it comes in many tones and layering it will give it an organic look.

A patterned area rug will help add some life to the room while adding a statement chair will help to define the new colour in the room.

If introducing more of the warm beige colour, then bring it into the room with texture — you have more than enough smooth beige filling the room!

Here's a storyboard of products that I think would enhance your living room without breaking the bank.

BEFORE: A beige room needs some colour and accessories

Magic carpet

Tie-dyed patterns create an organic look while incorporating all the colours of the room. All wool 8x10-foot carpet, $460, eCarpetGallery.com

Wing it

A tall fashionably coloured chair is perfect in the corner of the room. Luxe Wind Chair, $1925, CrateAndBarrel.com

Jute your fancy

It's a footrest or place to perch. Jute rope Pier Pouf, $129, UrbanBarn.com

Paint perfect

A focal wall of colour painted behind the sofa will add drama to the all-beige room. Cinnamon Slate 2113-40, BenjaminMoore.ca

Grain power

Two organic images printed on birch wood veneer hung side-by-side would be the perfect proportion over the long sofa. Old Wood 28x36-inch print, $249, WestElm.com

Feather your nest

Modern and natural style pillow with long feathers printed on velvet. Micro Velvet Feather Cushion, $15, Simons.ca

'Round the table

Simple in form yet with the look of a well-travelled accessory, this table adds exotic flair. Moroccan Coffee Table, $399, PotteryBarn.com

ALL PHOTOS CONTRIBUTED

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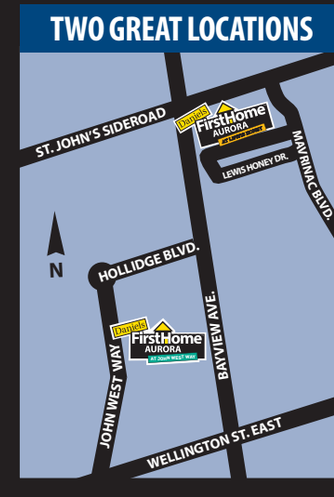

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Windows are the key to home comfort

As the winter months fade to spring, and eventually summer, more homeowners will feel the urge to fling their windows open wide and let in the fresh air, but for those with older windows, this seasonal gesture may not be possible.

Every summer Norm MacDonell, sales manager for Victoria's Van Isle Windows, faced a dilemma with his 1945 house. The old single-pane, glazed windows had been painted shut, but MacDonell's wife wanted to keep their windows open all summer long. They ended up buying new windows.

Energy efficiency

"Energy efficiency was kind of last on her list because of where we were starting from, which was a small, well-insulated house," says MacDonell. "With our new windows, when I go home in the summer, every window in the house is open and she tells me how much she loves her new windows."

While energy efficiency has become an important factor when it comes to purchasing new windows, MacDonell says there are a variety of factors affecting which product homeowners choose and the type of problems they may have had with their old ones.

Maintenance issues

"It depends on the person and the product," he says. "Sometimes in the case of old wood windows, there may be some maintenance issues. There may be some wood rotting, or maybe painted shut, or conversely they may be rattling in the wind."

Old windows, like aluminum ones, can cause problems for homeowners including condensation and mould. MEGAN COLE/ THE CANADIAN PRESS

With aluminum windows, the weather stripping can fail, which leads to maintenance issues. Condensation can form on inside panes, which can lead to mould along the frame.

The needs of a homeowner can vary depending on the climate. According to MacDonell, a home in Alberta has much different needs than a home in Victoria because of the weather, for example, and energy efficiency becomes a higher priority.

Air leakage

Windows also create possibilities for air leakages, which not only lead to higher energy bills as homeowners deal with drafts, but also affect the comfort of a home.

"Many homes have windows with larger windows and bay windows, and in the wintertime that's just uncomfortable because there can be drafts," says Mark Hutchinson, director of green building programs at the Canada Green Building Council.

"In newer homes the drafts can be harder to pin down and observe, but anyone who has ever lived in an older home knows drafts can make a huge difference in the perceived level of comfort."

Hutchinson says a homeowner may have their thermostat set at 20 C, which may be perfectly comfortable without a draft, but with a draft you might turn it up to 22 or higher.

How a window opens can also affect the possibility of air leakages. Hutchinson says windows that slide to open have a greater chance of drafts than those that open on a hinge.

"When it is hinged you have a locking mechanism that assures it is pulled tight against the gasket and that will provide a better seal than a sliding window can," he says.

Finding the best product

With so much variety in the technology and materials used to build windows, it can be difficult for a homeowner to decide what product best suits their needs and their home.

"The everyday person doesn't necessarily know or understand all the factors that affect a window, but there some rules of thumb," he says. "In the LEED Canada ratings, there are criteria for windows specifically, and it looks at what is called the energy rating. It was developed for window manufacturers to assess their windows and it takes all the other metrics and compiles them into one number, and a higher score is better."

Hutchinson says the best thing a homeowner can do is look for an Energy Star label, which is applied to the top 15 to 30 per cent of energy-efficient windows.

THE CANADIAN PRESS

Rate your windows

The LEED Canada ratings system assesses the criteria for new homes. There is specific criteria for windows.

- **Qualification.** For a home to even qualify for LEED certification, the lowest energy rating a homeowner needs is 21 for windows, 25 for an even better window and 29 is considered a very good product.

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1. Scarborough

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CONTACT: 416-750-2150, 2150CONDOS.COM

2. Liberty Village

Sales Event: Garrison Point condos in Liberty Village. Own for less than rent. Visit 35 Strachan Ave., May 14 from 6 to 9 p.m.

CONTACT: 416-278-8071, SALES@GARRISONPOINT.CA TO RSVP

3. King West

Open House: Condo suites in new building at King West/Liberty Village. Two units available. Head over to 20 Joe Shuster Way on May 10 and 11 from 12 to 3 p.m.

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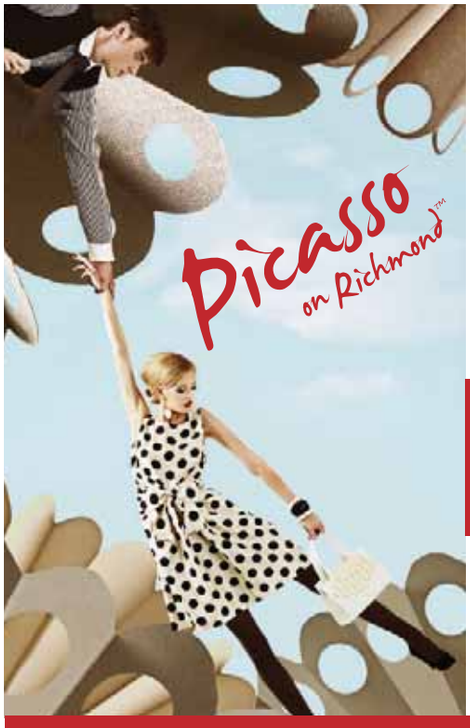

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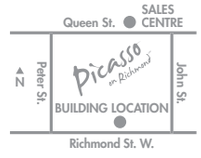

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Cures for common backyard woes

Even a small fountain or waterfall can turn a noisy yard into a Zen garden. ISTOCK

Yard acts to follow.

A little lattice, some water and a raised bed are simply remedies for the backyard blues

Backyard trends may come and go but some yard headaches will never go away. While there will always be tasks like grass cutting that have to be done, there are common backyard problems that can be solved once and for all. Tackling any of these three dilemmas will be a vital step towards achieving backyard perfection.

Problem: AC unit sticks out like a sore thumb

Solution: That AC unit isn't going anywhere, so the best solution is to camouflage it as best as possible. A simple lattice screen around the unsightly box will do wonders to eliminate the eyesore, and you can even plant some growing vines at the base to further hide the unit. Make sure to leave room around it for proper airflow and to trim any plants regularly to keep your AC working all summer long.

Problem: City and car noise ruins the backyard Zen factor

Solution: Ponds and fountains are more than just eye candy. They provide a soothing sound that is not only relaxing but will help drown out traffic noise or other city racket. Don't focus too much on the fountain's size, but where it will be placed. Even a small waterfall can be effective if it's placed close to a popular seating area. Depending on the setup and location, it may be necessary to have an electrician install an outdoor outlet for the pump.

Problem: Kids and pets are trampling the garden

Solution: Allowing kids and pets to enjoy the yard shouldn't mean the destruction of a manicured garden or luscious vegetable patch. To keep your hard work from being damaged by an exercising dog or an errant soccer ball, create a raised flower bed a few feet off the ground. Whether using bricks or wood as the frame, this project can be completed on the weekend with no previous DIY experience, and it doesn't require any expensive tools.

Turn on the waterworks

Ponds and fountains are more than just eye candy. They provide a soothing sound that is not only relaxing but will help drown out traffic noise and other city rackets.

Desperate Landscapes

For more advice on how to make your backyard the envy of the neighbourhood, tune in to Desperate Landscapes, Thursdays at 10 p.m. ET/PT on DIY Network Canada.

Intense flavours of Palestine

This recipe serves four. STEVE PAINTER

Chicken, Onions and Sumac with Pitta Bread. These bites are served as a street snack by tucking the ingredients into a pouch

1. Preheat the oven to 180 C (350 F)

2. Heat olive oil and butter in a heavy-based pan and stir in the onions. When they begin to soften, add garlic and fry until the onions turn golden brown.

3. Add the chicken and cook for 2–3 minutes, before stirring in most of the sumac, cardamom and baharat mix.

4. Add the lemon juice and cook gently until the chicken is tender but still juicy. Toss in most of the pine nuts and parsley and season to taste with salt and pepper.

5. Place the pita halves on the prepared baking sheet. Pop them in the preheated oven for about 10 minutes to toast them. Fill the toasted pouches with the chicken mixture, top each one with a dollop of yogurt and scatter the reserved sumac, pine nuts and parsley over the top. Serve immediately.

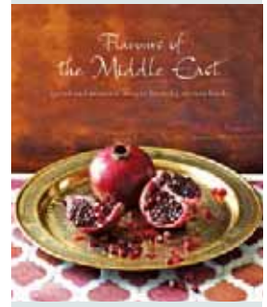
FLAVORS OF THE MIDDLE EAST BY GHILLIE BASAN (RYLAND PETERS AND SMALL, $35.95; RYLANDPETERS.COM)

Ingredients

- 2 tbsp olive oil with a knob/pat of butter
- 2 onions, sliced
- 2-3 garlic cloves, crushed
- 700 g (1 3/4 lbs) chicken breasts, cut into bite-size strips
- 2-3 tsp ground sumac
- 1 tsp crushed cardamom seeds
- 1-2 tsp baharat mix
- freshly squeezed juice of 1 unwaxed lemon
- 2 tbsp toasted pine nuts
- a small bunch of fresh flatleaf parsley, finely chopped
- sea salt and black pepper
- 4 pita breads, halved crossways to form 8 pockets
- 4 generous tbsp thick yogurt
- baking sheet, lightly oiled

Cookbook of the Week

A culinary Middle Eastern trek



Flavours of the Middle East by Ghillie Basan showcases dishes you would encounter should you travel the ancient lands of the region. With feature spreads profiling the essential ingredients and more than 60 authentic recipes, the book makes it easy to prepare exotic fare at home. You'll start with appetizers like Hot Hummus with Samna, make your way to main courses with Poached Fish with Saffron, throw in some veggies like Fried Carrot and Fennel and end with sweets like Noah's Pudding. METRO

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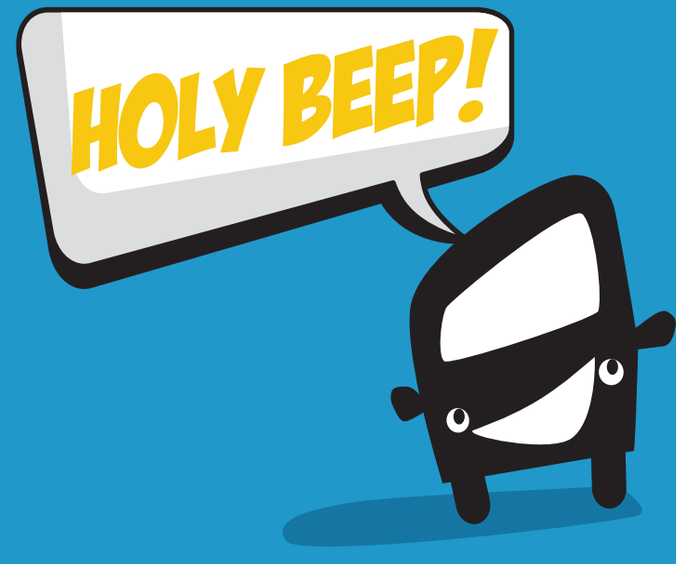

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PREP FOR A HASSLE-FREE NIGHT

PLANNING IS KEY BEFORE YOU GO OUT

Has it been awhile since you have had a mom's night out? Or maybe you just became a mom and this is your first evening getaway sans baby.

Either way, take some time to get things ready before you slip on your heels. That way you won't have to worry mid-entrée about what's going on at home!

Here is what you need to do to get things in order for your mom's night out.

BABYSITTER CHECK
Line up your babysitter as soon as you have got a date for your big night out. Veteran moms know to cultivate a list of sitters to call on if one can't make it on a specific night.

Also, see if you can confirm times with them when you book them. How early can they come? How late can they stay? And do you need to drive them home?

PREPPING YOUR KIDS
Despite the many demands your little ones make for play dates, they are likely to balk when it comes time to tell them you are heading out on a play date of your own. Give your kids plenty of warning — think a few days ahead — and provide them with all of the reassurances they need that you are coming back at the end of the night and that they will see you in the morning.

SET UP EMERGENCY PLANS
That includes writing out phone numbers for the sitter, lining up an emergency contact in case they can't get a hold of you, and setting aside the children's health cards. If you can do this a day ahead, it's one more thing taken care of as you head out the door.

DON'T FORGET ABOUT YOURSELF!
Use this night out as an opportunity to pamper yourself a bit if you can. At best, go for a facial and massage treatment at a spa before you meet your girlfriends. At the least, get a bang trim or overall hair trim if you can swing it, or a home manicure and pedicure. Tip: See if the sitter can come a bit early, even to allow you the freedom to get ready without little fists pounding on your bedroom door.

Your checklist for a memorable evening out

Like prepping to head out for a play date, getting ready for a mom's night out takes a little bit of work.

Here is what you should have at the ready to make sure you have a memorable night out.

CELLPHONE: You may want to FaceTime your kids good night via your sitter's phone, you may not. At the least, it's a way to get a hold of you should a (rare) emergency happen.

LIP GLOSS: Look for a purse-sized gloss to discreetly slick on between events — think after dinner, but before dancing with the girls. Also handy: Blotting sheets to soak up shine; eyeliner; and a sample-sized perfume to keep you smelling sweet all night.

CASH: Credit can be king, but a little cash on hand goes a long way if you are hopping into a cab, tipping a waiter or, better yet, a bartender.

CARDS: You know if you don't bring identification, this will be the night you get ID'd when you order your vodka cranberry. So tuck it into your wallet just in case, along with your health card — again, just in case. Tip: Leave your children's health cards at home with the sitter in case something happens and she needs to hand them over to a first responder.

FLATS: Not used to wearing three-inch stilettos anymore, are you? Tuck a small pair of foldable ballet flats such as CitySlips or Damn Heels into your purse for end-of-the-night tired tootsies.

KEYS: The last thing you want is to have to ring your doorbell or pound on the front door to wake up the house to get back into your home.

MOTHER'S DAY GIFT GUIDE

Thursday, May 8, 2014

Mom deserves special thought

KATHY BUCKWORTH
For Metro

Take extra time and think about what you are going to get your mom for Mother's Day. SHUTTERSTOCK

Mother's Day is supposed to be a day of celebration and gift giving — everything from handmade cards from the kids, to more expensive glittery items from grateful dads.

But some gifts can cause more stress and guilt than joy. Things like:

• The workout equipment/gym clothes/personal training sessions for the mom who hasn't had the chance or inclination to work out for a number of years. The reminder that she needs to get off the couch can be a harsh one. Suggest instead a bike ride or a family hike.

• A new blender/mixer/toaster oven or other small appliance for the mom who really doesn't want to spend any more time in the kitchen than she already does. This is going to make her feel bad about cluttering up the counter and not using the appliance.

• Gift cards are a terrific choice if mom likes to visit and shop at that particular place, but not if it is a hassle for her to get there with the kids. Think before choosing (giftofchoice.ca has a huge selection).

• A spa treatment sounds wonderful, but isn't for everyone. Not all women enjoy spa treatments to begin with, and those who do often can't indulge because they can't find a sitter for the kids or time in their schedule. Make sure the treatment is wanted, book the sitter, and get it in her schedule so she doesn't feel the gift card expiry guilt.

• Clothing can be tricky for those who aren't used to buying it for someone else. If you get a size too small you might be inferring she needs to lose weight; a size too big could mean you think she is bigger than she is. Check labels and sizes of favourite clothes before shopping.

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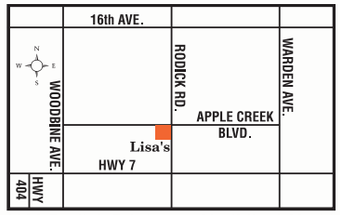

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May 2014

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Ask for the gift of time by outsourcing to-do list

Multi-relaxer.
Children, spouse and hired help can take on mom's tasks, to allow more time with family

KATIE BUGBEE
For Metro

Add delegating to mom's list of tasks. Ask for help and enjoy time spent with the kids, without having to worry about all of the work that has to be done. SHUTTERSTOCK

As moms, we often hold the very important, yet often unnoticed role of Chief Household Officer. We keep track of calendars, homework, maintenance appointments, product-purchases, doctors, sports practices, games and play dates. We also clean, organize, cook, bake, discipline and comfort. This is often on top of another full-time job — one that actually pays bills.

And while it's all incredibly rewarding, when do we actually have time for ourselves through all this? And when do we have time to just stop and play with our kids — without thinking of all the "work" that needs to be done? The simple answer is, we don't. Wouldn't it be great if some of those tasks were already done? Or, we could let ourselves off the hook for not doing them?

This Mother's Day, ask for the gift of time. But here's the kicker, it doesn't have to be on the actual day. This day can still be about cuddling and embracing the beautiful faces we created. Time back in our lives can be in the form of asking for an extra set of hands. Whether those hands are attached to a child, a spouse, a parent or a hired helper, outsource a task such as weekly cleaning (get a housekeeper), laundry (ask the housekeeper or babysitter), regular date nights (hire a sitter you love) or project outsourcing (hire an organizer to take over the playroom, laundry room and pantry).

Happy Mother's Day, moms! I hope you create a little time for yourself, and some separate time to spend with your kids. And, I hope you find another set of capable hands to leave some Chief Household Officer work behind.

KATIE BUGBEE IS THE SENIOR MANAGING EDITOR AND RESIDENT GLOBAL PARENTING EXPERT OF CARE.COM.

Jazz up the tired bouquet

Customized creations.
Local shops can make unoriginal gift special with crystals or into personalized animal

MANISHA KRISHNAN
For Metro

Flowers are a Mother's Day staple for a reason: They're beautiful.

But they're also admittedly not the most original gift idea. But fear not, there are plenty of ways to spruce up mom's bouquet this year, and some of them don't even involve plants.

Becky De Oliveira, creative director and owner of Toronto's Blush & Bloom Flower Studio, suggests choosing a unique vessel for a floral arrangement.

"Antique crystal or China, brass, or anything that she can reuse afterward and perhaps add to a collection," she said. For an extra DIY flair, grab local blooms by stem and arrange them yourself.

Other tips from De Oliveira include choosing blooms that are in season — tulips, hyacinth, flowering branches — mixing up varieties and textures and adding lots of greenery.

Over at Toy Florist at Yonge Street and Steeles Avenue, you can create a bouquet in the likeness of a teddy bear or a dog, cat, whale — pretty much any other animal that mom adores. Arrangements are made out of fresh flowers, typically chrysanthemums.

"Most people have not received a present like this before, so it's the first time they get a teddy bear made of flowers and they'll remember it," said owner Adalat Aliyev.

The arrangements stay fresh for up to two weeks and can be customized depending on personal preferences.

Tara Murney offers more permanent keepsakes with her blinged-out creations.

Murney's company, the Bouquet House, specializes in "alternative bouquets" made out of fabric and jewelry. Crepe paper and silk can be transformed into tulips, roses, peonies and adorned with brooches, feathers, fabric, seashells, buttons and Swarovski crystals.

"Anything you hand me, I can make into a beautiful bouquet," said Murney.

Murney, a wedding planner by trade, said people tend to spend a lot of money on flowers that die, unlike her bouquets.

Toy Florist, located at Yonge Street and Steeles Avenue, creates customized flower arrangements in the shape of any animal. CONTRIBUTED

"It's a keepsake. You can put it on display at home, you can keep it forever, you can incorporate your own jewelry or pieces from your mother."

There's no limit to personalization either. Murney can use colours with significance or engrave sterling silver pieces with quotes or initials and hang them off the bouquet.

Pamper Mom

JANINE FALCON
For Metro

We have rounded up a selection of covetable skin care, fragrance and makeup we think would go beautifully with that pretty bouquet of flowers you have already picked out for the best mother in the world.

The Schwarzkopf Professional Ceramic Hair Dryer cuts drying time by 50 per cent. $215 at schwarzkopf.com for salons. This tangle-proof 3D Speed Brush by Hot Heads also cuts dry time and boosts shine. From $18, delineation.ca.

Caudalie Polyphenol C15 packs a powerful antioxidant punch coupled with a potent dose of brightening vitamin C. Anti-Wrinkle Protect Fluid, $52; Serum, $66; Eye and Lip Cream, $52. All at Sephora, sephora.com.

Fresh Black Tea Instant Perfecting Mask is a deliciously cooling, hydrating whipped texture that leaves skin feeling wonderfully fresh. $88 at Sephora, sephora.com.

The Clarisonic Aria Cleansing System, newly available in cheerful hot pink, has three speeds for its complexion-perfecting sonic action. $225 at Hudson's Bay, Sephora and Shoppers Drug Mart.

Mom's already all set with a unit? The new **Clarisonic Luxe Facial Brush Cashmere Cleanse** is a satiny-soft, dual-brush replacement head that fits all models. $36 at Sephora, sephora.com.

Diptyque Geranium Odorata is a free-spirited blend of lush geranium anchored with bergamot, green cardamom, cedar and vetiver. $118 at Holt Renfrew, holtrenfrew.com.

Yves Saint Laurent Oriental Collection Supreme Bouquet is an exotic, heady floral blend of tuberose and jasmine sambac with warm amber-woody accord. $230 at select Holt Renfrew and Hudson's Bay stores.

The limited-edition **Bellavance x Burt's Bees Lip Balm Roll** by design duo Bellavance includes two tinted balms and two shimmers. Proceeds to Pollinator Partnership of Canada. $20 at burtsbees.ca.

Philosophy Amazing Grace Firming Body Emulsion tones skin with conditioning shea butter and nourishing oils, $44. The lovely feminine floral with a hint of musk now comes in a purse-friendly **Perfume Roll-On**, $25. Both at Sephora, sephora.com.

St. Tropez Self Tan Luxe Dry Oil bestows skin with a gorgeous, subtle gleam, delicate scent, and a fresh-off-the-yacht sun-kissed glow with daily use. $60 at Sephora, sephora.com.

WaySpa gift cards help give mom some much deserved spa-pampering time. Added genius — digital versions are an option if you have left your shopping a bit late. Available at wayspa.com.

Clockwise, from top, Yves Saint Laurent Oriental Collection Supreme Bouquet, $230; the Schwarzkopf Professional Ceramic Hair Dryer, $215, and 3D Speed Brush by Hot Heads, $18; Les Exclusifs de Chanel Jersey Extraits, $200; Caudalie Polyphenol C15 Anti-Wrinkle Protect Fluid, $52, Serum, $66, Eye and Lip Cream, $52; WaySpa gift cards; Bellavance x Burt's Bees Lip Balm Roll, $20; Clarisonic Aria Cleansing System, $225; Diptyque Geranium Odorata, $118; St. Tropez Self Tan Luxe Dry Oil, $60; Philosophy Amazing Grace Firming Body Emulsion, $44; and Fresh Black Tea Instant Perfecting Mask, $88.

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Toronto FC defender Doneil Henry heads the ball against the Vancouver Whitecaps' Nicolas Mezquida at BMO Field, Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

TFC's stars teach young Caps a lesson

Amway Canadian Championship. Defoe, Bradley score in first leg of semifinal

On Wednesday

Toronto FC	Whitecaps
2	1

Goals by Jermain Defoe and Michael Bradley gave Toronto FC a 2-1 victory over a baby-faced Vancouver Whitecaps squad in the first leg of their Amway Canadian Championship semifinal Wednesday.

According to the Whitecaps, the average age of their starting 11 was 21.7 years, with an average of 22.1 for the matchday 18. Toronto, meanwhile, rolled out its big guns in U.S. midfielder Bradley and the strike force of Brazil's Gilberto and England's Defoe.

Standing in their way was 17-year-old Canadian goalie Marco Carducci, whose $36,504 US annual salary is probably what Bradley ($6.5 million) and Defoe ($6.18 million) find in their couch.

Up 1-0 after Defoe's first-half strike, Bradley added what seemed like an insurance goal in the 89th minute, driving down the right and then, after a nifty 1-2 with Defoe, beat Carducci with a right-footed shot.

The Whitecaps responded with a stoppage-time goal from substitute Kekuta Manneh, a valuable away goal that may pay dividends if the total goals series finished tied.

Toronto should have led by several goals after 45 minutes on a windy night at BMO Field before an announced crowd of 22,591 despite a good number of empty seats. But it failed to take advantage of a little early stage fright from the visitors, putting only three of eight shots on target in the first half.

The second leg is next Wednesday in Vancouver.

THE CANADIAN PRESS

MLB

Buehrle first to six wins after Jays pound Phillies

Mark Buehrle became the first six-game winner in the majors, Edwin Encarnacion hit a three-run home run and the Toronto Blue Jays won their seventh straight over Philadelphia, beating the Phillies 10-0 on Wednesday night.

Erik Kratz and Juan Francisco both hit two-run homers for the Blue Jays, who blew open a pitcher's duel between Buehrle and Cliff Lee with a nine-run, 12-batter seventh inning.

Toronto won its season-high fourth straight, its longest run since an 11-game streak from June 11-23, 2013.

Buehrle (6-1) allowed three hits in seven innings to lower his ERA to 1.91. He walked two and struck out six. Sergio Santos worked the eighth and Chad Jenkins finished.

THE ASSOCIATED PRESS

NBA

Spurs GM named executive of year

San Antonio Spurs general manager R.C. Buford won the NBA's Executive of the Year for the first time in his well-respected, under-the-radar career Wednesday.

In the wake of a devastating loss to Miami in the NBA Finals last season, Buford Buford re-signed Manu Ginobili and Tiago Splitter and signed Marco Belinelli as a free agent to help the Spurs win a league-best 62 games in the regular season.

Toronto's Masai Ujiri finished fourth in voting.

THE ASSOCIATED PRESS

Hibbert gives critics monster game to chew on

Pacers centre Roy Hibbert shoots over the Wizards' Nene on Wednesday night in Indianapolis, Ind. ANDY LYONS/GETTY IMAGES

Game 2

Pacers	Wizards
86	82

Roy Hibbert broke out of his playoff funk with a season-best 28 points and nine rebounds, leading the Indiana Pacers to an 86-82 victory over the Washington Wizards on Wednesday night that tied the Eastern Conference semifinals at 1-1.

It was a stark contrast to Hibbert's abysmal, scoreless showing in Monday night's loss — and most of this year's playoffs.

But after hearing 48 hours of constant criticism and continual questions, Hibbert responded with the kind of game Indiana desperately needed. He made his first four shots, dominated the middle and produced big basket after big basket.

Game 3 is Friday in Washington.

Marcin Gortat had 21 points and Bradley Beal added 17 for the Wizards.

Washington took a 77-74 lead with 5:01 left in the game. Indiana scored six straight and never trailed again.

Washington had won all four of its previous road playoff games — three at Chicago and Monday night in Indy.

But Hibbert refused to let it happen again Wednesday. He shot 10 of 13 from the field and made all eight of his free throw attempts. THE ASSOCIATED PRESS

City's 4-0 win enough to secure English crown?

EPL. A tie in Manchester City's final match of the season should be enough to pull away from Liverpool for the title

Manchester City scored four goals in the final 26 minutes to beat Aston Villa 4-0 on Wednesday, moving the team two points clear in the Premier League and realistically needing only a draw from its last match to win the title.

City made it 100 goals for the campaign as Edin Dzeko netted two close-range finishes in the 64th and 72nd minutes before Stevan Jovetic added a third in the 89th and Yaya Toure rounded the victory off with a brilliant solo run and finish in injury time.

Vincent Kompany of Manchester City performs a bicycle kick against Aston Villa on Wednesday.
MICHAEL REGAN/GETTY IMAGES

City, which jumped above Liverpool, is a strong favourite for a second championship in three years as it hosts West Ham in its final game on Sunday. A point should be enough because its goal difference is 13 better than Liverpool's.

Also Wednesday, Sunderland beat West Bromwich Albion 2-0 to guarantee another season in the Premier League and virtually relegate Norwich.

Five dropped points in Liverpool's last two games had given City the initiative in an oscillating title race, and home matches against Villa and West Ham were widely viewed as ideal fixtures to end the season.

It is only the 11th day of the season that City has led the standings.

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Chris Kunitz of the Penguins celebrates his third-period goal with Sidney Crosby in second-round action in New York City, Wednesday. BRUCE BENNETT/GETTY IMAGES

Poised Penguins pull away from Rangers

NHL playoffs. Rangers pushed to brink of elimination despite beating Fleury twice

Game 4

Penguins	Rangers
4	2

Brandon Sutter scored a shorthanded goal to break a second-period tie, and the Pittsburgh Penguins moved within one win of the Eastern Conference final with a 4-2 victory over the New York Rangers on Wednesday night.

Pittsburgh, which has won three straight following a series-opening loss, can advance with a Game 5 victory at home Friday night.

Evgeni Malkin scored 2:31, and Jussi Jokinen made it 3-1 at 7:02 of the third before the teams traded late goals. Marc-Andre Fleury stopped 13 shots.

The only negative for the Penguins was that Fleury allowed a goal for the first time in three games. Carl Hagelin's tying tally in the second period was the Rangers' first goal in 145 minutes, 30 seconds of playing time.

Mats Zuccarello backhanded in a goal with 6:53 left to cut the Rangers' deficit to 3-2, on only their second shot of the third, but Chris Kunitz restored Pittsburgh's two-goal edge 57 seconds later. Henrik Lundqvist made 23 saves in the loss.

The weary Rangers played for the sixth time in nine nights, and not even a full day of rest on Tuesday or the return of forward Chris Kreider helped them. Kreider played for the first time since breaking his left hand a month ago.

Jokinen, who has an eight-game points streak, scored his insurance goal with a flip shot that struck the right leg of Rangers defenceman Marc Staal and bounded past Lundqvist.

Pittsburgh had regained the lead late in the second period by taking advantage of New York's inept power play. Not only did the Rangers fail to score for the 36th consecutive time on the power play, they fell behind for the second time.

THE ASSOCIATED PRESS

St. Louis Blues

Hitchcock inks 1-year extension

The St. Louis Blues have extended coach Ken Hitchcock's contract through next season, though there will be some staff changes.

Assistant coaches Brad Shaw and Ray Bennett also will return. A third assistant coach, Gary Agnew, and goaltending coach Corey Hirsch are not being retained.

The 62-year-old Hitchcock led the Blues to a franchise-record 52 victories this season and has taken them to the playoffs all three of his seasons.

THE ASSOCIATED PRESS

Philadelphia Flyers

Ex-goalie Hextall named Philly GM

Ron Hextall got his "dream job."

Hextall was promoted to general manager by the Philadelphia Flyers on Wednesday to replace Paul Holmgren, who was elevated to president. Hextall is Philadelphia's all-time winningest goalie and served as assistant GM last year.

"When I was done playing 15 years ago, my next goal was to become a general manager," Hextall said. "We should all be proud of this organization and what they've done."

THE ASSOCIATED PRESS

Metro poll: The cup-less vets

After 18 full seasons in the NHL, Jerome Iginla is hoping to hoist his first Stanley Cup with the Boston Bruins. Scan the image with the Metro News app to pick which veteran you want to see win hockey's top prize. JARED WICKERHAM/GETTY IMAGES

Thursday, May 8, 2014

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SPIRITUAL

Prayer to Holy Spirit

Holy Spirit thou who make me see everything and show me the way to reach my ideal.

You who give me the divine gift to forgive and forget the wrong that is done to me and who are in all instances of my life with me, I, in this short dialogue, want to thank You for everything and confirm once more that I never want to be separated from You, no matter how great the material desires may be.

I want to be with You and my loved ones in Your Perpetual Glory, Amen.

(A person must pray this for three consecutive days without stating his wish. After the third day the wish will be granted, no matter how difficult it may be. Promise to publish this as soon as your favour has been granted.)

Thank you Holy Spirit.
By K.R.K.S

PSYCHIC

PSYCHIC & ASTROLOGER Pandit: Ravi Shankar

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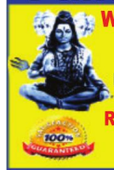
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Today
15°/12°
Showers

Friday
21°/13°
Thundershowers
40%

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TWN incorporates MSC data

WIND MOBILE WORD SEARCH

Find the words in the word search, and use the remaining letters to solve the puzzle.

"True Mobile _ _ _ _ _ _ _."

ANSWER: Freedom

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5	9			8	1			7
			4			8		3
				7				
	8		6				4	
		9				3		
	2				8		5	
				1				
7		4			5			
8			2	6			7	9

Yesterday's Sudoku

7	1	6	3	9	2	8	5	4
5	9	3	8	4	1	2	6	7
2	4	8	7	5	6	1	3	9
1	6	9	4	2	3	5	7	8
3	8	2	5	1	7	9	4	6
4	5	7	9	6	8	3	2	1
6	3	1	2	7	9	4	8	5
8	7	5	1	3	4	6	9	2
9	2	4	6	8	5	7	1	3

Horoscopes

♈ Aries
March 21 - April 20
You're not the kind to turn away someone who is down on their luck, but watch out you don't get conned by a sob story. Sadly not everyone is as honest as you, so check facts before thinking of parting with cash.

♉ Taurus
April 21 - May 21
You may be a bit hesitant and suspicious today but that's okay. The thing to remember is that the cosmos is very much on your side at the moment, so you can afford to take a risk – or not, as you see fit.

♊ Gemini
May 22 - June 21
If you don't feel like socializing today, don't force yourself. You are entitled to your own space and if others find that hard to understand then they are not very smart. Give yourself some time to meditate on and plan for the future.

♋ Cancer
June 22 - July 23
No matter what happened and who was to blame there is no point regretting what happened yesterday because you can't go back and change it. What you can do is to make tomorrow better.

♌ Leo
July 24 - Aug. 23
It's good that you know how to be assertive but the planets warn you must not go too far. If you break the rules over the next 24 hours, someone higher up the ladder than you will make you pay for it.

♍ Virgo
Aug. 24 - Sept. 23
You have absolutely nothing to worry about but for some strange reason you have this feeling of impending disaster. Ignore it. Most likely it is just your mind playing tricks on you — and even if it isn't, what happens will be no big deal.

♎ Libra
Sept. 24 - Oct. 23
Whatever else you do over the next 24 hours don't cut corners or break rules, because you won't get away with it. Resist the temptation to do anything dishonest, not just because it is dishonest but also because you really don't need to.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in your opposite sign of Taurus means, among other things, that you have to put up with people who annoy you. Don't be tempted to argue with them because if you do, the situation may get out of hand.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't think badly of yourself if you have to admit that you have failed to reach a target of some sort. The fact is you tried — when so many other people never even get started — and that alone makes you some kind of hero.

♑ Capricorn
Dec. 22 - Jan. 20
Most things seem to be going well for you and that's good, but the planets warn you must not get too content and drift along without trying. When things are going good, you should be aiming for great.

♒ Aquarius
Jan. 21 - Feb. 19
Don't worry if you lose out in some way over the next 24 hours because you will more than make up for it later in the month. If something seems to be slipping from your grasp just let it go. Change is always good in the long-term.

♓ Pisces
Feb. 20 - March 20
Steer clear of disputes that have nothing to do with you. The more others try to draw you into an argument, the more you must keep your distance. That applies especially to friendships and money – they don't mix. **SALLY BROMPTON**

TRANSIT BINGO

Find the following items on your commute to score a **BINGO**.

B	I	N	G	O
a baby	a pop can	face piercing	a dog	groceries
a suitcase	transit worker	crazy hair colour	someone wearing purple	someone reading an ebook
someone sleeping	gum on the floor	**FREE**	someone reading a magazine	ad for a a new movie
someone blaring music	a kissing couple	cutoff jeans	someone reading a Metro	socks & sandals
a tattoo	Candy Crush	ad for a language course	sweat pants	a bus transfer

WIND MOBILE WORD SEARCH

BORDER
CANADA
DATA
LIKE
PHONE
PLAN
UNLIMITED
SPRING
TALK
TEXT
USA
WIND
WOW
CELL

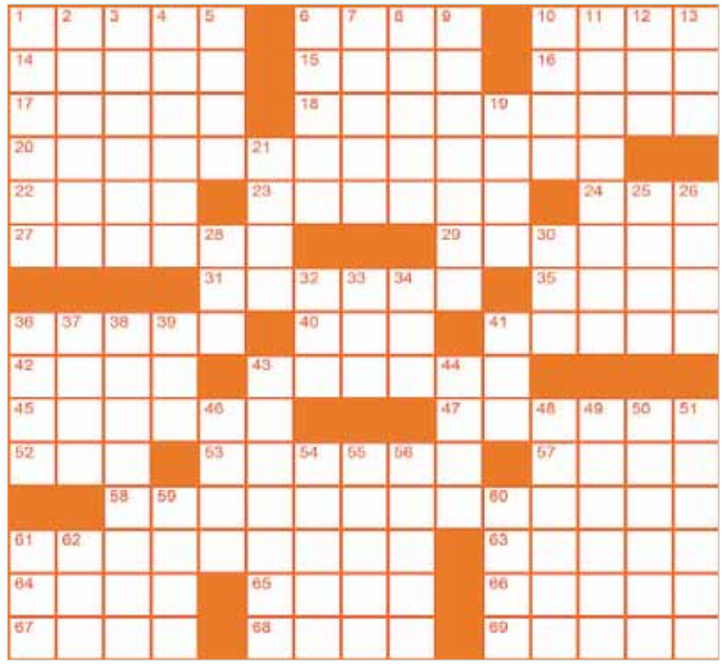
L	F	U	R	A	E	R	U
L	G	N	E	T	N	L	S
E	N	L	D	A	O	I	A
C	I	I	R	D	H	K	D
D	R	M	O	E	P	E	A
N	P	I	B	T	K	N	N
I	S	T	W	E	L	A	A
W	E	E	O	X	A	L	C
D	O	D	W	T	T	P	M

Yesterday's Crossword

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. "Hey! I bet you can't..." sayer
6. Basketball: Miami __
10. Caesar's 2101
14. Singer Ms. Cara
15. Paris pronoun
16. Mil. school
17. Georgia, for one
18. Is there any of 'it' out 'there' somewhere?: 2 wds.
20. Montreal-based UN Agency... ICAO = International __ __ Organization
22. Conniver
23. Minify
24. "Conan" cable network
27. Current
29. Official study
31. Patrick _. __ (Zoe Saldana's Canadian co-star in NBC's miniseries adaptation of #58-Across)
35. "Makes sense.": 2 wds.
36. Chesterfields
40. Ms. Hagen
41. Do additional tailoring
42. "__ cost you!"
43. Like a rose
45. Commercial area of Venice
47. Trojan hero
52. Approx.
53. Speechmaker
57. Jazz singer Ms. Fitzgerald
58. Ira Levin's 1967 scary bestseller: 2 wds.
61. Surname of the married couple portrayed by the stars at #31-Across
63. Rock band, Death Cab for __
64. 'Refer' suffix
65. _._. __ Canadian (Currency conversion choice)
66. Margarines
67. Ritzy retailer, __ Fifth Avenue
68. Swinger's supplies?
69. Never happened or existed

Down

1. __ Throw (Decathlon event)
2. Emily Carr, for one
3. Plunderer, archaically
4. Whole
5. Merry dance
6. Yo-__-ho! (Hoist, sailors, hoist!)
7. Arthur __ Awards (Crime Writers of Canada annual honours)
8. Handle
9. Shifts stableness
10. Saint-__ (1491 birthplace of French explorer Jacques Cartier)
11. Canadian apple
12. Li'l lunchtime locale
13. 'Chlor' suffix
19. Three squared
21. Alfred Hitchcock's wife played by Helen Mirren in "Hitchcock" (2012)
25. Marcia's "Desperate Housewives" role
26. From __ to stern
28. Backstreet Boys member Mr. McLean's
30. __ chart
32. "Well, obviously!"
33. _ __ Z
34. Wreck
36. "Your majesty."
37. Mr. Redding
38. Newfoundland town
39. __-inclusive
41. __ bread
43. Removed, as a newspaper story: 2 wds.
44. Not
46. "__.0", airing on MuchMusic
48. Dusty space cloud
49. Uplifts
50. Great Britain's archaic name
51. Declare, Bible-style
54. Create cheeriness
55. Flavour
56. Sweet 'sandwich' snacks
59 Venerated verses
60. Flat-bottomed vessel
61. Mr. Craven
62 "Bird __ _ Wire" (1990)

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2014 **ELANTRA L**

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PLUS

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HWY: 5.8L/100 KM CITY: 8.5L/100 KM▼

SE w/ Tech model shown♦
Selling Price: $26,863

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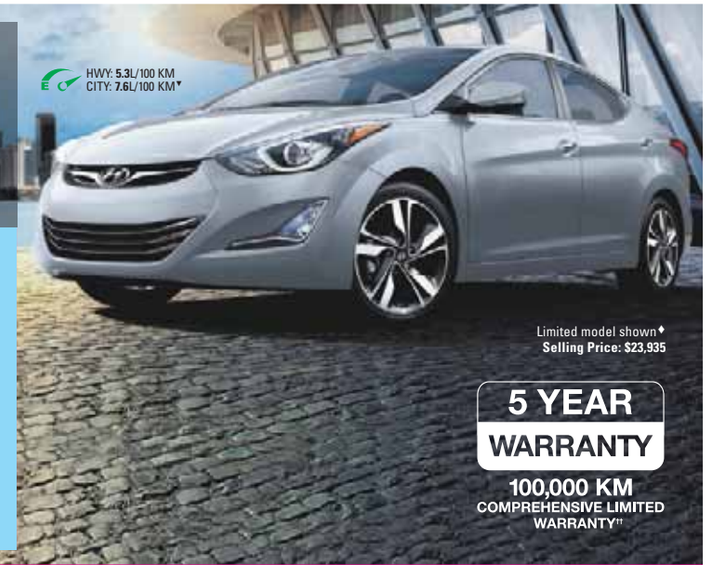

HWY: 5.3L/100 KM CITY: 7.6L/100 KM▼

Limited model shown♦
Selling Price: $23,935

5 YEAR WARRANTY
100,000 KM COMPREHENSIVE LIMITED WARRANTY††

HWY: 5.3L/100 KM CITY: 7.5L/100 KM▼

GLS model shown♦
Selling Price: $19,415

2014 **ACCENT 4-DOOR L**

DEALER INVOICE PRICE: $14,397‡ PLUS HST.

PLUS

OWN IT FOR $69 BI-WEEKLY PAYMENT

WITH 0%† FINANCING FOR 96 MONTHS

AND $0 DOWN

ACCENT L 4-DOOR MANUAL. DEALER INVOICE PRICE INCLUDES $783 IN PRICE ADJUSTMENTS^Ω, FEES (UP TO $499), DELIVERY AND DESTINATION.

HWY: 7.3L/100 KM CITY: 10.2L/100 KM▼

Limited model shown♦
Selling Price: $38,584

2014 **SANTA FE SPORT**

DEALER INVOICE PRICE: $27,414‡ PLUS HST.

PLUS

OWN IT FOR $137 BI-WEEKLY PAYMENT

WITH 0.9%† FINANCING FOR 96 MONTHS

AND $0 DOWN

SANTA FE SPORT 2.4L FWD. DEALER INVOICE PRICE INCLUDES $1,316 IN PRICE ADJUSTMENTS^Ω, FEES (UP TO $499), DELIVERY AND DESTINATION.

PLUS GET 0%† FINANCING FOR 96 MONTHS

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
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